

# Constructing the Self

A central concern of all of us as humans is the nature of mind. Our mind largely determines our experience in this world. This course will focus on how we construct a sense of self, and how that self relates to other aspects of consciousness and to how we act. It will include a study of Vasubandhu's "Thirty Verses on Consciousness Only." The course will include meditation, lecture, and discussion.



**Wednesdays**  
**Jan. 17 – March 8**  
(eight sessions)

**7:00-9:00 P.M.**

**\$185 (members \$165)**  
(includes course texts)

*Member rates apply to members of all Dharma centers. Reduced fees are offered as needed; please contact the Center.*

**Compassionate**  
**Ocean**

**Zen Center**

652 17<sup>th</sup> Ave. NE

Minneapolis, MN 55413

To register, go to [www.OceanDharma.org](http://www.OceanDharma.org) or call (612) 781-7640.



## Taught by Michael & Joen O'Neal

Michael and Joen are the guiding teachers of Compassionate Ocean Dharma Center. They practiced and taught for many years at the Minnesota Zen Meditation Center and Hokyoji Zen Monastery under the guidance of Dainin Katagiri Roshi. They have also practiced with Thich Nhat Hanh in France and the United States, and have completed a training for professionals with Jon Kabat-Zinn.



Future Buddhist Psychology Series Courses

*Spring 2018: How Enlightenment Works*