

## Buddhist Psychology Series

# Fall 2017: Understanding Our Mind

A twelfth-century Zen master said, “When we understand how our mind works, the practice becomes easy.” In this course we will explore classic Buddhist teachings on the nature of mind and its functions, including how these combine to bring about the world and the life we experience. The course will include meditation, lecture, and discussion.



**Wednesdays, Sept. 27—Nov. 15 (eight sessions) (#B83)**

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

**652 17<sup>th</sup> Ave. NE., Minneapolis**

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

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

To register, go to [admin@OceanDharma.org](mailto:admin@OceanDharma.org) or call (612) 781-7640.



**Compassionate Ocean Dharma Center**  
652 17<sup>th</sup> Avenue NE, Minneapolis, MN 55413

### Taught by Michael O'Neal & Joen Snyder 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.



### Upcoming Buddhist Psychology Courses

Winter 2018: Constructing the Self

Spring 2018: How Enlightenment Works

## **Options for registration:**

- Complete the form below and mail to Compassionate Ocean Zen Center, 652 17<sup>th</sup> Ave NE, Minneapolis, MN 55413. Enclose \$185 (members \$165) check payable to Compassionate Ocean.
- Register online by going to [http://www.oceandharma.org/classes\\_Buddhism.html](http://www.oceandharma.org/classes_Buddhism.html), scroll to the bottom of the page and click on the link that reads [Register online](#). Payment can be entered in the box to the right of “Buddhist Studies” under “Program Fees.”
- For any questions, email ([admin@OceanDharma.org](mailto:admin@OceanDharma.org)) or call the Center (612-781-7640).

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## **Registration Form—Understanding Our Mind**

**Wednesdays, Sept. 27—Nov. 15, 2017 (eight sessions)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Telephone Numbers: Home (\_\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_\_) \_\_\_\_\_

*Please enclose a check for \$185 (members \$165) payable to Compassionate Ocean.*