



The Threefold Training

by Michael O'Neal

The monk Zuigan used to start every day by saying to himself out loud: *"Master, are you there?"*
And he would answer himself, *"Yes sir, I am!"*
Then he would say, *"Better sober up!"*
Again he would answer, *"Yes sir! I'll do that!"*
Then he would say, *"Look out now; don't let them fool you!"*
And he would answer, *"Oh no, sir, won't! I won't!"*

One time toward the beginning of my formal Zen practice I asked my teacher, Dainin Katagiri Roshi, what was the basic Buddhist practice. He replied, "Shila, samadhi, prajna—the Threefold Training."

The Threefold Training is the underlying structure of the Noble Eightfold Path, which the Buddha taught in his very first sermon, when he was 35. When he was 80, at the end of his long teaching career, he is recorded as giving talks on the Threefold Training as he moved from town to town. So throughout his life the Buddha taught this model of training.

This model is called "threefold" because the elements of it are interdependent and inseparable. It is one integrated training, which can be seen provisionally in three aspects.

The first is shila. This term is translated in various ways—virtue, ethical conduct, or moral discipline. It focuses on the behavioral aspect of our life—how we act in the world. In a sense it is the most obvious, the most gross aspect of practice. The training is to avoid actions that are harmful to others or ourselves, and to perform actions that are helpful. All of our actions are consequential, and shila practice is to accept responsibility for our actions, learning to act in ways that are upright, wholesome, and engaged.

Shila also means precept or guideline, and shila practice includes bringing mindful attention to standards of behavior—both very broad, such as refraining from killing, and also quite detailed, such as how to use our bowls during oryoki-style eating meditation. Precepts are a kind of mirror to use to look at our life, reflecting on our actions in the light of helpful suggestions. They give us a stable point to use for orientation.

A zen teacher wrote, "One way of practicing the precepts is to follow them. Another way is to produce a precept-keeping state of mind. Instead of saying, 'How do we keep the precepts?', we can ask, 'What state of mind keeps the precepts?'" This moves us into the second aspect of the Threefold Training: samadhi. This is often



Image from zenhsin.org

translated as concentration. More broadly it refers to the quality of our mind moving in the direction of being settled, focused, grounded, present. It is the state of being firmly established, either on an object of meditation, or more comprehensively, on fundamental reality itself. When we do formal meditation practice, we are directly working in the realm of samadhi. This aspect of practice recognizes the weakness of a scattered, restless mind. It takes responsibility for cultivating a quality of mind that is appropriate for the challenges of daily life and the essential profundity of each moment.

Finally, prajna refers to insight into deep truth. It is usually translated as wisdom; sometimes as wisdom beyond wisdom, meaning beyond the ordinary sense of wisdom. Prajna involves awakening to the interconnected nature of all things, to our non-separateness—not as a concept, but as direct experience.

The Threefold Training ultimately involves our whole being—body and mind. It is based on an understanding of the huge potential for development in a human being, and joyfully accepts practice as the basic lifestyle for us. Our challenge is to bring this alive in our lives, moment after moment.

Zuigan begins each day by renewing his intention. "Are you there?" is a kind of call to show up for his life here and now—samadhi. "Better sober up" is a reminder to take responsibility for his actions of body, speech, and mind—shila. And "don't let them fool you" is an admonition to be free from delusion—prajna. Zuigan has looked deeply at what is important for him to take care of each day, and he vigorously reaffirms his commitment to practice: "Yes sir! I'll do that."

Spring Appeal

Dear Friend,

What has been happening at the Center so far this year? Quite a lot, it turns out—a bouquet of programs is support of shila, samadhi, and prajna (see the front page article).

Weekly community gatherings take place on Friday and Sunday mornings, with sitting meditation, a dharma talk, and discussion. Our introductory program in mindfulness, Total Dynamic Living, offered in two locations each quarter, regularly brings the transformative practice of mindfulness to new people. Two other current courses—an Introduction to Zen class for newer students, and a History of Buddhism and Zen course for more experienced participants—are well attended and are being received with enthusiasm and enjoyment.

We continue to offer retreats of one to several days in length on a monthly basis, giving people a chance to deeply touch the ground of spiritual life. Our monthly Great Gatherings, initiated at last fall's Auction Gala, bring together members and community friends to explore topics including sustainable living, the Zen tea ceremony, mindful marriage, and haiku writing, with more to come this summer and fall.

And our community took a major step forward in April when Plum-Hermit John Swanger from the Zen Center of Los Angeles came and led a weekend in the practice of council, a way of speaking from the heart and listening deeply as a community. During the council a number of people spoke of Compassionate Ocean as being a lifeline for them.

The Center's programs are successful, but the income raised has not yet returned to pre-recession levels. We do not receive enough income from program fees alone to cover the Center's operating expenses: only about a third is covered by fees. A number of programs are offered free of charge. To cover the remainder of expenses we need to look to contributions and fundraising.

The successful 2009 Autumn Appeal brought in over \$14,000 from many generous donors. These funds provided essential support for our 2009 budget. We plan to have an Autumn Appeal again this year, but we cannot wait until the end of the year to pay operating expenses for the summer months.

At this time we are seeking donations of \$12,000 for our Spring Appeal. This will provide key support for the Center in the coming months.

Would you consider making a contribution at this time? Donations of all amounts are important and will make a real difference. All donations are tax-deductible as allowed by law, and an envelope is enclosed for your convenience. You can also contribute on the GiveMN website, GiveMN.org. Choose Compassionate Ocean Dharma Center as the organization.

Thank you sincerely for considering this request. May mindful awareness and a loving heart be present in us all.



Plum Hermit, Michael and Joen after the Compassionate Ocean council practice weekend.

photo by Donneen Torrey

Bobbie Fredsoll

For the Board of Directors



Spring Programs 2010

Compassionate Ocean Dharma Center

3206 Holmes Avenue, Minneapolis, MN 55408
(612) 825-7658 • www.oceandharma.org

Mindful Speech & Deep Listening (B47)

Taught by Joen Snyderl O'Neal

Aware of the suffering caused by unmindful speech and the inability to listen to others, I vow to cultivate loving speech and deep listening in order to bring joy and happiness to others and relieve others of their suffering.

—Thich Nhat Hanh

Listening and speaking are at the core of our everyday lives and shape the nature of our relationships with other people. In this seven-session class we will look deeply into the ways we create happiness or suffering with the words we speak. By cultivating our ability to bring mindfulness to the basic human practices of speaking and listening, we will explore the opportunities and challenges that arise with every sound we utter.

We will study excerpts from the book *For a Future to Be Possible* by Thich Nhat Hahn, as well as writings by other teachers, ancient and modern. The course will include presentations by the instructor, discussion, and suggestions for home practice. Each session will also include a half-hour of meditation practice.

Participants should have some previous experience with mindfulness or Zen meditation. This class has been very popular when offered in the past; register early to reserve a place.

Mondays, June 7–July 26 (no class on July 5)

7:00 - 9:00 P.M.

Fee: \$135 (members \$125) + \$20 materials fee

Zen in America (B48)

Taught by Ken Ford and Michael O'Neal

In the past 50 years Zen has become established throughout the United States. How has this come about? This course will look at the pioneer teachers from Japan, Korea, Vietnam, and China, and the American lineages they founded. We will look at a map of Zen practice in the United States today, relationships with parent traditions, and issues that have arisen as monastic and lay forms of practice find their way in American culture.

Ken Ford is on the teaching staff of Clouds in Water Zen Center and has a leadership role with Hokyoji Zen Practice Community. He is a long-time Zen practitioner, having begun his practice with Dainin Katagiri-roshi at the Minnesota Zen Center. Michael O'Neal is a Guiding Teacher of Compassionate Ocean.

Wednesdays, July 7–28 (four sessions)

7:00 - 9:00 P.M.

Fee: \$80 (members \$70) + \$20 materials fee

Payment plans and some scholarship aid are available for Buddhist Studies classes. Please contact the Center to discuss.

***All Buddhist Studies courses will meet at the CASKET ARTS BUILDING
681 17th Ave. NE, Suite 210 (in the Northeast Arts District of Minneapolis)**

Total Dynamic Living - Introductory Program in Mindfulness

Total Dynamic Living is a thorough, well-structured introduction to mindfulness practice in everyday life. It follows the nationally acclaimed mindfulness-based stress reduction (MBSR) model developed by Jon Kabat-Zinn, presenting mindfulness as a universal practice for people of any (or no) religious background.

The program includes instruction and practice in sitting meditation, gentle yoga, body awareness meditation, and daily-life applications of mindfulness. It also includes information about stress and relaxation. The program enables participants to develop their own base in mindfulness practice integrated into everyday life.

#172 Minneapolis: Tuesdays

June 8 – July 27 • 6:30-9:00 P.M.

Instructor: Joen Snyder O'Neal

Location: Three Smooth Stones

3336 E. 25th St., Minneapolis (near I-94 & Riverside exit)

The course includes eight weekly classes, an individual interview with the instructor, a Saturday retreat, the book *Full Catastrophe Living* by Jon Kabat-Zinn, two CDs, and handouts. 27 CEUs are available for all courses.

The course fee is \$295 plus a \$35 materials fee. Payment plans and some scholarship aid are available. Please contact the Center to discuss.

Enrollment is limited, and pre-registration is required. Please let your friends and colleagues know about this program.

#249 St. Paul: Thursdays

June 10 – July 29 • 6:30-9:00 P.M.

Instructor: Michael O'Neal

Location: Clouds in Water Zen Center

308 Prince St., St. Paul (near I-94 & the 7th St. exit)

Total Dynamic Living: One-Day Retreat

This retreat is open to all current participants in Total Dynamic Living courses. It is also open to graduates of past Total Dynamic Living courses on a donation basis. People not enrolled in a current course should call the Center in advance to reserve a space.

Saturday, July 24, 2010 • 8:30 A.M.-2:30 P.M.

Location: First Unitarian Society

900 Mt. Curve, Minneapolis



Great Gathering Events

Great Gatherings are offered by members and friends of the Center on topics of particular interest. These events were organized as part of the Silent Auction the Center held in November and will be offered monthly throughout 2010. The next two gatherings are:

- **Remembering our Evolutionary Journey**
by Kaia Svien

Saturday, May 15, 7:00–8:30 P.M.

Three Smooth Stones, 3336 E. 25th St., Minneapolis

- **Native Plants**
by Andy Jones and Bobbie Fredsall

Saturday, July 24, 9:00-11:00 A.M.

3318 Belden Dr. NE, Saint Anthony Village

Compassionate Ocean Dharma MOVIE NIGHT

“Inquiry into the Great Matter: A History of Zen Buddhism”

A new film by James Tito

Wednesday, June 30, 6:30 P.M.

#210 Casket Arts Building,
681 17th Ave. NE, Minneapolis

By donation

Sangha Gatherings

The Compassionate Ocean Sangha is a group practicing in the Buddhist mindfulness traditions of Soto Zen and Thich Nhat Hanh. Throughout the year the sangha (community) has weekly gatherings that include sitting and walking meditation, dharma talks and discussions, mindful movement, chanting and singing, and other spiritual practices. Dharma talks focus on aspects of Buddhist teaching and their application to everyday life.

Everyone is invited to participate in our sangha gatherings. There are no prerequisites to participate, and people are welcome to come when they wish. There is no fee; donations are welcome.

There are two weekly gatherings of the Compassionate Ocean Sangha. The Sunday group is co-led by Joen Snyder O'Neal and Michael O'Neal. Joen leads the Friday group. There is also a meditation session offered on Wednesday mornings.

Sunday Gathering: Sundays, 9:00-11:15 A.M.

681 17th Avenue N.E., Suite 210, Minneapolis

Schedule: 9:00 sitting, 9:25 walking, 9:35 sitting, 10:00 dharma talk and discussion, 11:15 ending.

*Note: The last Sunday gathering before the summer break will be on July 25. Sunday gatherings will resume on Sept. 12.

Friday Gathering: Fridays, 9:30-11:00 A.M.

681 17th Avenue N.E., Suite 210, Minneapolis

Schedule: 9:30 sitting, 10:00 dharma talk and discussion, 11:00 ending.

*Note: The last Friday gathering before the summer break will be on June 18. Friday gatherings will resume on Sept. 10.

Wednesday Morning Meditation: 6:30-7:50 A.M.

Schedule: 6:30-7:30 sitting, with a bell at 7:00 for stretching or standing, 7:30 chanting service. Held at Three Smooth Stones, 3336 E. 25th St., Minneapolis.

Meetings with Teachers

Joen Snyder-O'Neal and Michael O'Neal are available for one on one meetings regarding your life and practice. Call the Center for an appointment.

Membership

You are invited to become a member of the Compassionate Ocean Dharma Center. Membership is a way to support the programs of the Center, and is encouraged for those who participate regularly as well as those who simply would like to help make possible the continued life of the Center. A membership brochure is available at sangha gatherings or can be sent out by mail; please call if interested.

Sangha Retreats

These retreats are open to community members as well as others who have had some experience with Buddhist practice and meditation. Each retreat offers an extended opportunity to settle the mind and body and open to the deep wisdom of human life. Activities include sitting and walking meditation, dharma talks, individual meetings with the teachers, formal oryoki meals, work practice, and service assignments. These retreats are excellent opportunities to strengthen and deepen the practice of presence, including benefiting from the support of others.

Practice Period at Hokyoji Monastery

Located in Southeastern Minnesota

This practice period offers participants an opportunity to practice mindfulness in a variety of forms over the course of seven days. It will include sitting and walking meditation, dharma talks, study time, yoga and mindful movement, deep relaxation, vegetarian meals, work meditation, and dharma discussion. There will be opportunities for individual meetings with the teachers. Please contact the Center for more details. This is a wonderful practice opportunity—register early to reserve a place. If you are interested in this practice session but have not attended a Compassionate Ocean sangha retreat in the past, please call.

Seven-day practice period:

Monday Aug. 30, 7:00 P.M. – Monday, Sept. 6, 2:00 P.M.

Retreat only:

Friday Sept. 3, 7:00 P.M. – Monday, Sept. 6, 2:00 P.M.

Led by Joen Snyder O'Neal and Michael O'Neal, with resident priest Dokai Georges
Fee: \$55/day (members \$45/day)

One-day Retreats

Saturday, May 22, 9:00 A.M. - 5:00 P.M.

Saturday, June 26, 9:00 A.M. - 5:00 P.M.

Saturday, July 17, 9:00 A.M. - 5:00 P.M.

Led by Joen Snyder O'Neal and Michael O'Neal
These include sitting and walking meditation, yoga practice, and a dharma talk by Joen Snyder O'Neal or Michael O'Neal. Participants should bring a bag lunch; drinks will be provided. Fee: \$20 members, \$25 nonmembers

Teachers

Joen Snyder O'Neal and Michael O'Neal are the guiding teachers of the 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. Joen was ordained as a Zen priest by Katagiri Roshi in 1980 and received Dharma transmission from him in 1989.



Winter 2010 Registration Form

Name _____

Address _____

Zip _____ Email _____

Phone

H: () _____

W: () _____

To register, please check the appropriate activities.

Total Dynamic Living- Introductory Program in Mindfulness (\$25 deposit)

- Minneapolis, Tuesday evenings (#172)
- St. Paul, Thursday evenings (#249)

Total Dynamic Living- One Day Retreat

- July 24 (by donation)

Mindful Speech and Deep Listening

- Minneapolis, Monday evenings (#B47) (\$25 deposit)

Zen in America

- Minneapolis, Monday evenings (#B48) (\$25 deposit)

An Introduction to Zen Meditation

- Minneapolis, Wednesday, June 23 (by donation)

Retreat at Hokyoji

- Seven-day or Three-day. (enclose payment of \$55 per night, members \$45)

One-day Retreats

- May 22 (enclose payment of \$25, members \$20)
- June 26 (enclose payment of \$25, members \$20)
- July 27 (enclose payment of \$25, members \$20)

Enrollment for these activities is limited, and early registration is encouraged.

Please call if you have any questions. To register, send this form along with the non-refundable deposit listed (payable to CODG) to:

Compassionate Ocean Dharma Center
3206 Holmes Ave, Minneapolis, MN 55408
(612) 825-7658 • www.oceandharma.org

Deep Appreciation...

...to all who supported the Compassionate Ocean Dharma Center in the past nine months by making a financial contribution. A dharma center only exists through the generous support of many beings. The following people, foundations, and organizations made donations, either through membership pledges, year-end contributions, building fund support, designated giving, or general contributions. Heartfelt thanks go to all.

Ramona Advani	Elizabeth Hudman	Vicki Pierre
Karen Ahern	Alan Hughes	Wendie Price
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Moira Heffron	Michael O'Neal	Leslie Wilson
Susan Heitzman	Peggy O'Neal	Shoken Winecoff
Daniel Hess	Judy Ostendorff	Dayna Wolfe
Julie Holmen	Hans Othmer	Robert Wolfe
Glenn Howatt	Jonathan Othmer	Merra Young
	Audry Peham	Rebecca Zaban
	Polly Perkins	

A HAIKU EXPERIENCE by TERRY MILLER



Image from zenhsin.org

The Compassionate Ocean Dharma Center GREAT GATHERING for March was a HAIKU EXPERIENCE. We gathered during a Sunday morning sangha meeting to read, recite, listen to and write haiku poems. The 3-line, 17-syllable haiku poem is an ancient Japanese poetic form, and has been closely associated with Zen Buddhism. The reading and writing of haiku can be a deep mindfulness practice.

We discussed briefly the history and purpose of haiku poetry. Haiku poems attempt to evoke both the awesome beauty AND the fleeting impermanence of all natural phenomena. The 17th century Haiku Master, Matsuo Basho said that haiku should include both plainness and oddity, and should have a “lonely flavor” to reflect the human experience of the fleeting nature of this world.

An old pond –
the sound
of a diving frog. *Matsuo Basho (1644-1694)*

Haiku can reflect the humor and compassion of the human experience, as well as the pathos.

The snow is melting
and the village is flooded
with children. *Kobayashi Issa (1762-1826)*

Shocking...
the red of lacquered fingernails
against a white chrysanthemum.
Buddhist nun, Chiyojo (1703-1775)

We also shared some more modern, American haiku poets.

In my medicine cabinet,
the winter fly
has died of old age. *Jack Kerouac*

As his mother pushes
him in the stroller, the young
boy waves, like a king. *Terry Miller*

They didn't hire him
so he ate his lunch alone:
the noon whistle. *Gary Snyder*

Finally, the participants in the Haiku Gathering, wrote and shared a “haiku moment” experienced in the CODC annex meditation hall on this Sunday morning.

Beautiful wood floor
held coffins in the old days
now holds me a while. *Alan Rodgers*

A picture hanging
all alone on a white wall
yet people sit near. *Daniel Thomson*

Railroad tracks: a flight
of wild geese close above them
in the moonlit night. *Masaoka Shiki (1867-1902)*

Suddenly the flat
top of the boxcar became
shaggy with pigeons. *Terry Miller*

A single wish:
To sleep one night
Beneath the cherry blossoms. *Ryokan*

In the falling snow
a laughing boy holds out his palms
until they are white. *Richard Wright*



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Center
3206 Holmes Avenue
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www.oceandharma.org

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SPRING APPEAL
see page 2!

Summer Program Highlights

- Introductory Programs in Mindfulness offered in Minneapolis and St. Paul
- Buddhist Studies course: "Mindful Speech and Deep Listening"
- Four-week Buddhist Studies course: Zen in America
- Hokyoji Retreat – Seven-day and Labor Day weekend
- One-day Retreats
- Movie night and more Great Gatherings

An Introduction to Zen Meditation

Basic instruction in Zen sitting and walking meditation practice.
Newcomers warmly invited. No charge.

Wednesday, June 23, 7:00 - 9:00 P.M.

#210 Casket Arts Building

681 17th Ave NE, Minneapolis