



# Spring Programs 2011

Compassionate Ocean Dharma Center  
681 17th Ave. NE, Suite 210 • Minneapolis, MN 55413  
(612) 781-7640 • www.OceanDharma.org

## Finding Freedom from Anger

*Transforming Anger with Mindfulness, Patience, and Lovingkindness*

**Taught by Joen Snyder O'Neal**



*According to the Buddha's teachings, the most basic condition for happiness is freedom. Here we do not mean political freedom, but freedom from the mental formations of anger, despair, jealousy, and delusion. These mental formations are described by the Buddha as poisons. As long as these poisons are still in our heart, happiness cannot be possible.*

*In order to be free from anger, we have to practice.... There are concrete instructions on how to transform the craving, anger, and confusion within us. If we follow these instructions and learn to take good care of our suffering, we can help others do the same.*

—Thich Nhat Hanh, from *Anger*

Anger poisons our lives, the lives of our families, and the life of our world. All of us suffer from anger. In this course we will look at the seeds of anger along with its manifestation, and together practice cooling the flames of anger.

Each class will include sitting and walking meditation, a talk by the instructor, and discussion. The course text, provided at the first class, will be *Anger: Wisdom for Cooling the Flames* by Thich Nhat Hanh. Additional material from other Buddhist teachers will also be incorporated.

**Minneapolis (#B52)**  
**Mondays, March 28–May 16 (eight sessions)**  
**7:00–9:00 P.M.**

#210 Casket Arts Building  
681 17<sup>th</sup> Ave. NE, Minneapolis

Fee: \$160 (members \$150) + \$15 materials fee. Reduced fees are offered as needed.

## Total Dynamic Living

### Introductory Program in Mindfulness and Mindfulness-Based Stress Reduction

*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.

The course includes eight weekly classes, an individual interview with the instructor, a Saturday retreat, the book *Full Catastrophe Living* by Jon Kabat-Zinn, four CDs, and handouts.

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.

**Psychologists, social workers, nurses, and teachers can receive 27 CEUs for this course.**

<b>#174 Minneapolis: Tuesdays</b> March 29 – May 17 6:30-9:00 P.M.	Instructor: Joen Snyder O'Neal Location: Three Smooth Stones, 3336 E. 25th St. Minneapolis (near I-94 & the Riverside exit)
<b>#252 St. Paul: Thursdays</b> March 31 – May 19 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 7 <sup>th</sup> 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, May 14**, 8:30 A.M.-2:30 P.M.  
Location: First Unitarian Society, 900 Mt. Curve, Minneapolis

### Comments from recent graduates of the *Total Dynamic Living* Program in Mindfulness:

- *This course has given me a renewed focus on continuing my practice using the power of shared experience and group energy....I really liked the course....Thank you very much and I hope you can continue to offer this course for a long time to come.*
- *I have been wanting to start learning about meditation...and this course got me started and made the concepts real to me. No suggestions for changes—everything worked fine for me.*

## 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.

New people are always welcome at sangha gatherings.

### Sunday Gathering: 9:00-11:15 A.M.

681 17<sup>th</sup> Ave. NE, Suite 210, Minneapolis

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

### Friday Gathering: 9:30-11:00 A.M.

681 17<sup>th</sup> Ave. NE, Suite 210, Minneapolis

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

### Wednesday Morning Meditation 6:30-8:00 A.M.

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

Schedule: 6:30-7:30 sitting, with a bell at 7:00 for stretching or standing; 7:30 chanting service.

## 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.

## Sangha Retreats

These retreats are open to community members as well as others who have had some experience with Buddhist practice. Each retreat offers an extended opportunity to settle the mind and body and open to the deep wisdom of human life. Retreats are an excellent opportunity to support others and yourself through the deep practice of wholehearted presence. If this will be your first retreat with Compassionate Ocean, please call Michael or Joen at the Center.

### Inter-Sangha Sesshin with Visiting Teacher Tenshin Reb Anderson

#### “Enlightenment as Ritual Performance of the Buddha Way”

“Sesshin” means to gather the heart/mind. This retreat will be led by Tenshin Reb Anderson, Senior Dharma Teacher at San Francisco Zen Center and Green Gulch Farm Zen Center, and is co-hosted with Clouds in Water Zen Center.

Each day includes ten periods of sitting meditation interwoven with intervals of walking meditation, a talk by the visiting teacher, formal oryoki meals, work practice, and service assignments. There will also be an opportunity to meet individually with Tenshin Roshi. The retreat will be held at Clouds in Water Zen Center in St. Paul. Participants are welcome to sleep at Clouds in Water (sleeping bags on floor mats) or commute. For this event, participants are expected to attend the entire retreat.

Register online at [cloudsinwater.org](http://cloudsinwater.org). Members of local dharma centers are offered a discount of 20%—use promotional code **member2011** when registering online.

7:00 P.M. Friday, April 29 – 5:00 P.M. Tuesday, May 3  
\$220 (members of local dharma centers, \$176)

Location: Clouds in Water Zen Center, 308 Prince St., St. Paul

### One-Day Retreat

Saturday, June 18, 9:00 A.M. – 4:30 P.M.

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

## 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.

## Spring 2011 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 (#174)  
 St. Paul, Thursday evenings (#252)

### **Total Dynamic Living: One-Day Retreat**

- Saturday, May 14, 8:30 A.M.– 2:30 P.M.  
(*by donation for course alumni*)

### **Finding Freedom from Anger**

(\$25 deposit)

- Minneapolis, Wednesday evenings (#B52)

### **Inter-Sangha Retreat with Tenshin Reb Anderson**

Register at [www.cloudsinwater.org](http://www.cloudsinwater.org)

### **One-Day Sangha Retreat**

- June 18 (enclose payment of \$20 members, \$25 non-members)

### **Sangha Gatherings**

No advance registration is necessary for the sangha gatherings. Call for directions.

**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 CODC) to:

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[www.oceandharma.org](http://www.oceandharma.org)



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RETURN SERVICE REQUESTED

## Spring Program Highlights

- Introductory Programs in Mindfulness offered in Minneapolis & St. Paul
- Buddhist Studies course: "Finding Freedom from Anger"
- Inter-Sangha Retreat with Tenshin Reb Anderson
- Annual Yard Sale on June 3 & 4



Participants at our retreat at Hokyoji Zen Practice Community last September. Rev. Dokai Georgesen, resident teacher at Hokyoji, is at lower right.