



### Identity-Action by Joen Snyder O'Neal

*The bodhisattva's four methods of guidance are giving, kind speech, beneficial action, and identity-action.*

Mahaprajnaparamita Sutra, Ch. 469

This past winter we offered a class called "How Can I Help? A Bodhisattva's Four Methods of Guidance." It focused on four basic ways we can be of real, practical help in our day-to-day lives.

The first three ways—giving, kind speech, and beneficial action—are fairly straightforward and at least easy to understand. They are not necessarily easy to practice, but they offer endless opportunities to help others (and ourselves) find a way toward less suffering.

The fourth way, identity-action, is like this as well, but it is a little more difficult to understand. What is identity-action, what is its benefit, and how can we practice it?

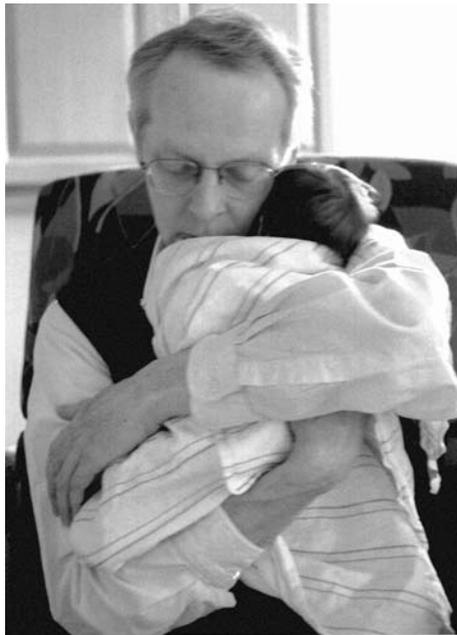
Identity-action is action based on realizing the commonality between myself and others—our fundamental sameness. It reflects the fact that all beings share the same ground of being, and are not really separate at all. In his commentary on this topic, Zen Master Dogen says, "Identity-action means nondifference. It is nondifference from self, nondifference from other." From this awareness a sense of caring and compassion naturally arises, and action grounded on this deep sense of connection tends to be deeply healing.

Identity-action really means action that doesn't have a subject or an object. We merge with the activity in the way that a dancer merges with dance, a runner merges with running, a swimmer merges with swimming. We merge with the other as someone does when they jump in the water to save a drowning person, or when they welcome home their beloved after a long absence. When everyone in a symphony orchestra plays their instrument harmoniously, a beautiful sound emerges. It is the same in team sports, or any kind of shared endeavor. When we practice with deep mindfulness of the truth of our non-separation, we can go forward shoulder-to-shoulder, hand-in-hand with all beings.

There is a remarkable example of this from the life of the Japanese monk-poet Ryokan, who would take the lice out

of his chest hairs and put them on the railing of his porch so they could experience the warmth of the sunlight. As the dusk came on and the day drew chilly, he would take them off the railing and put them back on his chest. He wrote a poem about this: *Flees, lice/ any autumn bug/ that wants to sing/ the breast of my robe is Musashino moor!* (a famous tourist destination)

Perhaps our practice is not as generous as this! But when our baby cries, we pick him up and hold him and sing to him. When our friend is dying we sit by her bed, lean towards her, and talk in a soft, kind voice, saying the things that need to be said. Dogen's advice is to be intimate with our world in the same way we would be intimate with a crying baby or a dying friend. It is action that flows from our sameness, our oneness.



This winter when I taught the course on the bodhisattva's four methods of guidance I started with identity-action. As soon as I heard myself say "identity-action means being the same as," I felt my heart open and deep warmth come up for everyone in the class. During the rest of the course, I felt that warmth extend out to everyone else I met, or thought about, or read about in the newspaper. I have been practicing and teaching for many years now, but sometimes I forget the basic teaching: "Everyone suffers and wants to be happy just as I suffer and want to be happy." They are the same as me.

My teacher Katagiri-roshi used to say, "Just put your hand on their shoulder."

Or, "Just make them a cup of tea." This was his way of teaching identity-action. Soon after I began studying with Katagiri-roshi in 1973 he said to me, "You are really buddha." I didn't know exactly what "buddha" meant, but for the first time in my life I felt completely included and embraced and unafraid. I felt like my teacher had put his arm around me and opened the door for me to *everything*.

Dogen-zenji says, "The mind of a sentient being is difficult to change; you should keep on changing the minds of sentient beings." I spent 17 years with Katagiri-roshi, and in retrospect I know that we students were a stubborn and often difficult group who caused a lot of trouble. But Katagiri-roshi never stopped practicing giving, kind speech, beneficial action, and identity-action. From the beginning he held out his hand and said, "Let's go forward together, hand-in-hand, forever."

# Spring Appeal

Dear Friend,

Spring has arrived early this year. The trees are sending forth new green leaves, the rhododendron bushes are bursting into glorious bloom, and the grasses (and their companion weeds) are getting a good start. We humans are energized with a “spring” in our steps.

Work on the Dharma Center’s building has been energized in the last several months as well. The walls are now covered with drywall, and taping and finishing are in progress. As we move steadily toward completion I am very grateful to sangha members and friends who have given donations and loans to bring this wonderful space into being.

As we anticipate new opportunities in the new space, we will continue to offer both Friday and Sunday sangha gatherings as well as retreats of varying lengths throughout the year. Our Total Dynamic Living classes, which have introduced mindfulness to many hundreds of people from all walks of life, will continue to be offered in Minneapolis and St. Paul. A recent graduate wrote, “I wanted to make sure I told you how much I benefited from the class. It’s made an enormous difference in my peace of mind. I’m calmer and have more energy...It was worth every minute and every penny, and much more!”

We will also continue to offer Buddhist Studies courses taught by Joen Snyder O’Neal, Michael O’Neal, and guest teachers. These courses offer an exploration of fundamental issues of human life, and I feel fortunate to be part of a center that offers access to real depth and insight.

While the center continues to offer wonderful program activities, we do not receive enough income from program fees alone to cover operating expenses. Fees cover about a third of total expenses. To cover the remainder, we rely on contributions and other fundraising activities.

At this time we are seeking donations for our Spring Appeal, with a goal of \$10,000. This will provide essential support for the Center over the coming months, and it is critical to our financial health.

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. Donations can also be made online at our website: [www.OceanDharma.org](http://www.OceanDharma.org).

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

Donneen Torrey, Chair  
For the Board of Directors



# Summer Programs 2012

Compassionate Ocean Dharma Center

681 17th Avenue NE, Suite 210, Minneapolis, MN 55413  
(612) 781-7640 • www.OceanDharma.org

## The Art of Mindful Eating

*Taught by Joen Snyderl O'Neal*

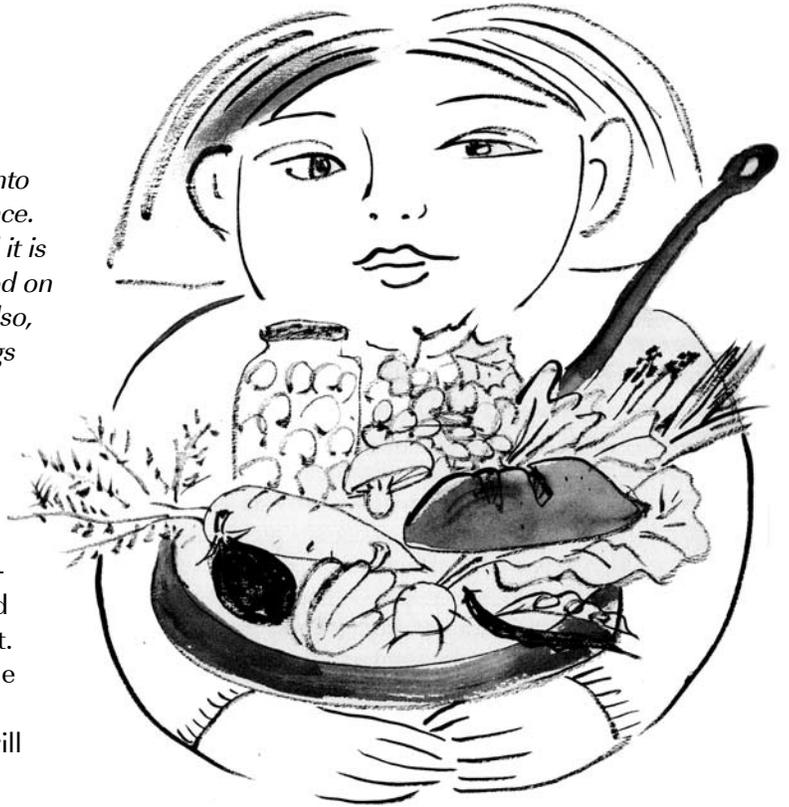
*Mindful eating is a way to incorporate mindfulness into one of the most fundamental activities of our existence. It is a way to nourish our bodies and our minds. And it is a way to appreciate the relationship between the food on our table, our health, and the health of the planet. Also, it is a way to grow our compassion for all living beings and imbue reverence for life into every bite.*

—Thich Nhat Hanh and Dr. Lilian Cheung,  
*Savor: Mindful Eating, Mindful Life*

In this class we will examine the four kinds of nutrients: edible food, sense impressions, volition, and consciousness, and see how they interact as we eat. We will look deeply at how our habit energy and the covering up of such feelings as loneliness, fear, and anxiety leads to unmindful consumption. And we will explore how being in touch with what is refreshing, healing, and nourishing can transform our well-being and the collective body and consciousness of our family, society, and our world.

Each class will include a period of sitting meditation, presentation by the instructor, class discussion, and suggestions for home practice. The course text will be given out at the first class.

If you have any questions about the class, please call Joen at 612-825-7658.



**Minneapolis (#B57)**

**Mondays, June 11–July 16 (six sessions)**

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

**Fee: \$120 (members \$100)**

**+ \$15 materials fee**

Reduced fees are offered as needed.

**This course 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.

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.

**#177 Minneapolis: Tuesdays**  
**June 5–July 24 • 6:30-9:00 P.M.**

**Instructor: Joen Snyder O’Neal**  
**Location: First Unitarian Society**  
900 Mt. Curve, Minneapolis (near the Walker Art Center)

**#256 St. Paul: Thursdays**  
**June 7–July 26 • 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 14, 2012 • 8:30 A.M.-2:30 P.M.**

Location: 681 17th Ave. NE, Suite 210, Minneapolis

**Gift certificates** for the Introductory Program in Mindfulness are available. Please email [admin@oceandharma.org](mailto:admin@oceandharma.org) or call (612) 781-7640.



### 2012 Great Gatherings

We are continuing the program of Great Gatherings started at the 2009 Silent Auction with nine programs offered by members and friends of the Compassionate Ocean Dharma Center this year. Price per guest is \$20. Space is limited. Call 612-781-7640 to reserve a space. Great Gatherings will be held in the Casket Arts Building, Suite 210 unless stated otherwise. The next three are:

- **Soma Yoga, Thursday, May 24, 6:30-8:00 P.M.**

Jean Fraser will offer a soma yoga class. It will begin with gentle movements for the spine, hips, and shoulders. Principles of alignment promote easeful and healthy motion to joints and muscle. No previous experience with yoga is necessary.

- **Tai Chi Chen Style, Saturday, June 30, 4:00-5:30 P.M.**

Tai Chi Chen Style, generally considered to be the original form of tai chi, is famous for its recuperative and energy-building benefits. It differs from other styles in its use of coiling energy, known as “silk reeling.” Jose Figueroa will teach this Chen Style tai chi class focusing on the silk reeling exercises.

- **Movie Night: *Departures*, July 21, 7:00-8:30 P.M.**

*Departures* is a moving and profound story about a man who leaves his vocation as a professional cellist giving us a special invitation for reflection and inspiration. Join us for this special movie night; we’ll share some popcorn too.

## 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 29. Sunday gatherings will resume on Sept. 9.

### **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 July 27. Friday gatherings will resume on Sept. 7.

## Guiding Teachers



Joen Snyder O'Neal and Michael O'Neal

*The guiding teachers are available for individual meetings regarding life and practice. To set up an appointment, call the Center.*

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 and meditation. Each retreat offers an extended opportunity to settle the mind and body and open to the deep wisdom of human life. These retreats are excellent opportunities to strengthen and deepen the practice of presence, including benefiting from the support of others.

### **One-day Retreats**

**Saturday, May 19, 9:00 A.M.-5:00 P.M.**

**Saturday, June 16, 9:00 A.M.-5:00 P.M.**

**Saturday, July 28, 9:00 A.M.-5:00 P.M.**

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

Led by Joen Snyder O'Neal and Michael O'Neal

This includes 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

### **Practice Period at Hokyoji Practice Center**

*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. 27, 3:00 P.M.—Monday, Sept. 3, 2:00 P.M.**

### **Weekend Retreat only:**

**Friday Aug. 31, 7:00 P.M.—Monday, Sept. 3, 2:00 P.M.**

Led by Joen Snyder O'Neal, Michael O'Neal, Sosan Flynn, and Hokyoji resident priest Dokai Geogesen

Fee: \$65/day (members \$55/day)

### **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.

## Summer 2012 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 (#177)
- St. Paul, Thursday evenings (#256)

### Total Dynamic Living—One Day Retreat

- July 14 (by donation)

### The Art of Mindful Eating

- Minneapolis, Monday evenings (#B57)  
(\$25 deposit)

### Practice Period at Hokyoji

- Seven-day or Three-day.  
Monday, August 27—Monday, Sept. 3  
(enclose payment of \$65 per night, members \$55)

### One-Day Sangha Retreats

- May 19
- June 16
- July 28  
(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 CODC) to:

Compassionate Ocean Dharma Center  
681 17th Ave. NE Ste. 210, Minneapolis, MN 55413  
(612) 781-7640 • [www.OceanDharma.org](http://www.OceanDharma.org)

## Ryumonji

Some members of the Compassionate Ocean sangha participated in the March sesshin at Ryumonji (Dragon's Gate) Zen Monastery. The monastery, outside of Decorah, Iowa, sits on a hill overlooking the rolling farmland of that area. The structures, based on a design from Shogoji Monastery in Japan, have all been built in recent years; they are spacious and beautiful! We profoundly enjoyed our practice there with Shoken Winecoff, Abbott of the temple and dharma brother of Joen and Michael, and the many other participants who came from all over the Midwest.



Compassionate Ocean Dharma members with Shoken Winecoff, Abbott of Ryumonji Zen Monastery



Enjoying the early Sunday morning view

# Timeless and Universal

A Concert for Mother's Day

Adam Kuenzel, principal flute, Minnesota Orchestra  
and  
Judith Gordon, nationally renowned pianist

**Sunday,  
May 13, 2012  
7 P.M.**

**Sundin Music Hall  
Hamline University  
1531 Hewitt, St. Paul  
\$25 general/\$15 student**



Adam Kuenzel has been Principal Flute for the Minnesota Orchestra since 1990. In 2009 he performed Bernstein's Halil, earning acclaim from The New York Times and Musical America.com, and appeared as guest principal flutist with the Chicago and Pittsburgh Symphony orchestras. Judith Gordon was the Boston Globe 1997 Musician of the Year and regularly performs and teaches at festivals such as Bennington, Apple Hill, Charlottesville, and Music from Salem (NY), where she is a consulting director. Please join us for this rare opportunity to hear them in recital as they perform music of Faure', Copland, J.S. Bach, and Debussy.

**Tickets available by calling 612-781-7640  
or at [www.OceanDharma.org](http://www.OceanDharma.org)**

A Benefit for Compassionate Ocean Dharma Center



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

RETURN SERVICE REQUESTED

Nonprofit Org.  
 U.S. Postage  
 PAID  
 Permit No. 30308  
 Twin Cities, MN

To report an address change, unsubscribe or request an email version of the newsletter, call 612-781-7640 or email admin@OceanDharma.org



## Summer Program Highlights

- **Introductory Programs in Mindfulness**  
 – offered in Minneapolis and St. Paul
- **Buddhist Studies course:**  
 – “The Art of Mindful Eating”
- **One-day Retreats:**  
 – May 19, June 16, July 28
- **Practice Period at Hokyoji:**  
 – August 27–Sept. 3  
 – Retreat only: August 31–Sept. 3
- **Great Gatherings:**  
 – Soma Yoga, May 24  
 – Tai Chi, June 30  
 – Movie Night, July 21

## Timeless and Universal

### A Concert for Mother’s Day

**Sunday,  
 May 13, 2012  
 7 P.M.**

Sundin Music Hall  
 Hamline University  
 1531 Hewitt, St. Paul  
 \$25 general/\$15 student

Performance by Adam Kuenzel, principal flute, Minnesota Orchestra, and Judith Gordon, nationally renowned pianist, in recital with the music of Faure’, Copland, Bach, and Debussy.

**A Benefit for Compassionate  
 Ocean Dharma Center**

See page 7 for details

## Yard Sale

### June 1 and 2

Compassionate Ocean Dharma Center  
 3206 Holmes Ave. So., Minneapolis

.....  
*We need donations of good quality furniture, small electronics, books, kitchenware, CDs, decorative items, games and toys.*

*Good quality, gently used women’s clothes welcomed. No other clothes, please.*

*Also, no skis, heavy furniture, TVs or computers.*

.....  
**Contact the Center for more information or to volunteer.**