



Spring Programs 2014

Compassionate Ocean Dharma Center

681 17th Avenue NE, Suite 210, Minneapolis, MN 55413

(612) 781-7640 • www.OceanDharma.org

Cutting Through Spiritual Materialism

Based on the book by Chogyam Trungpa

Taught by Joen Snyder O'Neal



Mondays, March 31–May 19 (Eight Sessions) • 7:00–9:00 P.M.

Casket Arts Building, Suite 210 • 681 17th Ave. NE, Minneapolis (#B69)

Fee: \$160 (members \$140) + \$15 materials fee

Reduced fees are offered as needed.

Ego has learned to convert everything to its own use, even spirituality. In following a spiritual path we may substitute a new religious ideology for our former beliefs, but continue to use it in the old neurotic way by continuing to maintain the basic myth of solidity. The process of transforming the material of mind from expressions of ego's ambition into expressions of basic sanity and enlightenment is the true spiritual path.

– Chogyam Trungpa Rinpoche

Cutting Through Spiritual Materialism was first published in 1973, in the midst of the spiritual revolution then taking place in America. The book's author, Chogyam Trungpa, then in his early thirties, was a Tibetan Buddhist teacher who had recently arrived in the United States. This book addresses the tendency, still prevalent in the West, to "deceive ourselves into thinking we are developing spiritually when instead we are strengthening our egocentricity through spiritual techniques.... It is important to see that the main point of any spiritual practice is the step out of the bureaucracy of ego." The book also includes Trungpa Rinpoche's unique perspectives on the Six Realms of Existence, the Four Noble Truths, and the Bodhisattva Path, including the Six Paramitas.

In this class we will examine Trungpa Rinpoche's teachings as they apply in our daily lives, including his cautions about the dangers of spiritual materialism as well as his offerings and insights into the true Buddhist path.

Joen Snyder O'Neal, a guiding teacher of Compassionate Ocean Dharma Center, is a long-time Zen practitioner and Zen priest. Since first encountering the teachings of Trungpa Rinpoche in the 1970s she has continued to study them and take them to heart.

Center for Mindful Living: Programs in Mindfulness

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, four 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.

#182 Minneapolis: Mondays
March 24-May 12 • 6:30-9:00 P.M.

Instructor: Joen Snyder O'Neal
Location: Compassionate Ocean Dharma Center
#210 Casket Arts Building, 681 17th Ave. NE, Minneapolis
(in the Northeast Minneapolis Arts District)

#261 St. Paul: Thursdays
March 27-May 15 • 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, May 10, 2014 • 9:00 A.M.-3:00 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 or call (612) 781-7640)

Special Eight-Week Mindfulness-Based Stress Reduction Program

Offered in Northfield, Minnesota • Instructor: Michael O'Neal

Tuesdays, March 25-May 13 • 6:30-9:00 P.M. • Location: Northfield Buddhist Meditation Center

For further information, email admin@OceanDharma.org or call 612-781-7640

2013 Great Gatherings

We are continuing the program of Great Gatherings with two programs offered by members of the Center. Space is limited. Call 612-781-7640 to reserve a place. These programs will be held in the Casket Arts Building, Suite 210.

- ***Chasing Ice: A Documentary Film on Climate Change, with Discussion led by Michael O'Neal***
Friday, March 28, 7:00 P.M.

Chasing Ice is the story of one filmmaker's mission to change the tide of history by gathering undeniable evidence of climate change. Using time-lapse cameras, his videos compress years into seconds and capture ancient mountains of ice in motion as they disappear at a breathtaking rate." A beautiful, moving, and important film. This showing has been facilitated by Interfaith Power and Light. (Donations will be collected for climate change work.)

- ***A Buddhist Pilgrimage to China, led by Ken Ford***
Friday, May 30, 7:00P.M.

In October of 2013 Ken and Barbara Ford traveled to China on a two-week guided tour of important sites in the history of Buddhism. The tour, led by China expert Andy Ferguson, began with a visit to the DunHuang caves on the Silk Road, followed by a number of temples significant in the history of Zen. At this Great Gathering Ken will give a slide show with commentary on his trip. Suggested donation \$10-\$20.

A new program in mindfulness-based smoking cessation therapy will be offered beginning this spring in the Twin Cities. Details are still being worked out. If you would like information about this program, please email your contact information to admin@OceanDharma.org.

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.

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: No Sunday gathering on April 20.

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: No Friday gathering on April 18.

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 Sitting

Saturday, March 15, 9:00 A.M.-4:30 P.M.

Saturday, June 21, 9:00 A.M.-4:30 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 or Michael. Participants should bring a bag lunch; drinks will be provided.

Fee: \$20 members, \$25 nonmembers

Weekend Retreat at Ryumonji Monastery

Friday, April 18, 5:30 P.M.–Sunday, April 20, 2:00 P.M.

Location is in northeastern Iowa

Led by Shoken Winecoff, Joen Snyder O'Neal & Michael O'Neal. Fee due in advance: members \$110, non-members \$130 (includes meals and lodging.)



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.

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 2014 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 (#182)
 St. Paul, Thursday evenings (#261)

Total Dynamic Living: One-Day Retreat

- Saturday, May 10, 8:00 A.M.– 3:00 P.M.
(by donation for program alumni)

Cutting Through Spiritual Materialism

- Minneapolis, Monday evenings (#B69)
(\$25 deposit)

Ryumonji Retreat

- Friday, April 18 – Sunday, April 20
(enclose payment of \$110/members,
\$130/non-members)

One Day Sangha Retreat

- Saturday, March 15, 9:00 A.M.– 4:30 P.M.
 Saturday, June 21, 9:00 A.M.– 4:30 P.M.
(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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admin@OceanDharma.org
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Twin Cities, MN

RETURN SERVICE REQUESTED

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

Spring Program Highlights

- **Introductory Programs in Mindfulness**
 - Offered in Minneapolis, St. Paul and Northfield
- **Buddhist Studies courses:**
 - “Cutting Through Spiritual Materialism”
- **One Day Retreats:**
 - March 15 and June 21
- **Weekend Retreat at Ryumonji**
 - April 18–20
- **Great Gatherings**
 - March 28
 - “Chasing Ice”: A documentary film on climate change
 - May 30
 - A Buddhist Pilgrimage to China