



**Spring Programs 2015**  
Compassionate Ocean Dharma Center  
652 17th Ave. NE, Minneapolis, MN 55413  
(612) 781-7640 • [www.OceanDharma.org](http://www.OceanDharma.org)

**Mindfulness in Depth**  
**Mindfulness of Mind**  
*Taught by Michael O'Neal*



Image from [education.asianart.org](http://education.asianart.org)

Mindfulness is our capacity to deeply touch our lives exactly at the point of aliveness.

In the Sutra on the Four Establishments of Mindfulness (Satipatthana Sutta), the Buddha gives an extensive teaching on four areas of experience that we can bring mindfulness to: the body, feeling-tones, mind states, and constituents of reality. Included in these four categories is the full range of human experience.

In this course we will focus on the third of these areas: mindfulness of mind. "Mind" here refers to any of the "shapes" the mind takes, including ordinary states of mind like desire, anger, delusion, and their opposites, and also more refined states of mind like concentration and liberation. This course will explore how these mental formations arise and how we can skillfully take care of them. We will examine the nature of mind externally, through study, and internally, through meditation. Each class will include guided meditation practice, lecture, and discussion.

This course is designed to support the continued exploration of mindfulness by those who have already begun their formal practice of it through an introductory course and who are prepared to maintain a regular sitting practice.

Member rates apply to members of all local Dharma centers. Reduced fees are offered as needed; please contact the Center at (612) 781-7640.

To register, use the form in this newsletter or visit our website: [www.OceanDharma.org](http://www.OceanDharma.org).

**Minneapolis (#B73)**  
**Wednesdays, April 1–May 27 (eight sessions) (No class on April 29)**  
**7:00–9:00 P.M.**

**\$160 (members \$140) + \$35 materials fee (includes two texts) (\$5 materials fee for returning students)**

## 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.

**#185 Minneapolis: Tuesdays**  
**March 31-May 19 • 6:30-9:00 P.M.**

**Instructor: Joen Snyder O'Neal**  
**Location: Compassionate Ocean Dharma Center**  
652 17th Ave. NE, Minneapolis  
(in the Northeast Minneapolis Arts District)

**#265 St. Paul: Thursdays**  
**April 2-May 21 • 6:30-9:00 P.M.**

**Instructor: Michael O'Neal**  
**Location: Clouds in Water Zen Center**  
445 Farrington St., St. Paul  
(near University Ave. and Western Ave.)

### 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 9, 2015 • 9:00 A.M.-3:00 P.M. • Location: 652 17th Ave. NE, 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)

### Baika Workshop with Visiting Teacher from Japan

On Saturday May 16 we will host a special workshop on Baika, a form of Buddhist hymn singing developed by the Soto Zen school to express the depth and beauty of human life and of Buddhist teaching. Baika makes use of both very old and more contemporary melodies with simple accompaniments. This workshop, open to all, is being offered free of charge by the Soto Zen school in Japan, and will be led by a master Baika teacher from Japan. This will be one of only a few workshops in the United States presented by this teacher. For further information, please email [admin@oceandharma.org](mailto:admin@oceandharma.org) and you will be kept informed as details develop.

#### Guiding Teachers



Joen Snyder O'Neal and Michael O'Neal

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 at (612) 781-7640.

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

## 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: No Sunday gatherings on March 22 or May 3.

### **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 gatherings on May 1.

### **Sangha Gatherings Open Houses**

Friday, March 27, 9:30-11:00 A.M.

Sunday, March 29, 9:00-11:15 A.M.

## Special Book Presentation

**Sunday, April 19, 11:45 A.M.-1:30 P.M.**

Led by Joen Snyder O'Neal

In the recently published book *Seeds of Virtue, Seeds of Change*, Joen has an essay entitled "Turning Words." This phrase typically refers to words of a Zen master that turn a student's mind toward enlightenment. In her essay Joen writes about words she has heard from everyday people, that have deepened her life and turned her toward the Dharma. The presentation will include a reading and discussion. The presentation will begin with a potluck lunch.

## Open Meditation Sessions

**Wednesday mornings:**

7:00 A.M. Zazen (sitting)/ 7:30 Kinhin (walking)/ 7:40 Sitting/ 8:10 Chanting service/ 8:30 Temple cleaning (to 8:45). People are welcome to come for any part of the schedule.

**Friday evenings: April 10 and May 8:**

7:00 P.M. Zazen (sitting)/ 7:30 Kinhin (walking)/ 7:40 Zazen/ 8:10 Kinhin/ 8:20 Zazen/ 8:50 Closing chant

## Introduction to Zen Meditation

Monday, March 30, 7:00-8:00 P.M.

Sunday, April 12, 9:00-11:15 A.M. (including Dharma talk)

Sunday, May 17, 9:00-11:15 A.M. (including Dharma talk)

## Building Work Days

Tuesdays, 10:00 A.M.-4:30 P.M. (lunch at 1:00 P.M.)

(begins April 7) (No work day on June 2.)

Painting, cleaning, and light carpentry projects. Volunteers of all skill levels are welcome. People are welcome to come for part of the day. Sign up in advance by calling the Center at (612)781-7640.

## 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.

## Weekend Retreat at Ryumonji Monastery

Weekend Sesshin (meditation and practice period).

**Friday, March 20, 5:30 P.M.–Sunday, March 22, Noon**

Location is in northeastern Iowa

Led by Shoken Winecoff, Joen Snyder O'Neal & Michael O'Neal. Fee due in advance: members \$125, non-members \$150 (includes meals and lodging). To register for this retreat, call the Center at (612) 781-7640.

## One-day Sitting

**Saturday, April 11, 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

## Sesshin with Tenshin Reb Anderson

**Wednesday, April 29, 6:00 P.M.-Sunday, May 3, 12:30 P.M.**

This sesshin is being hosted by Clouds in Water Zen Center at their new location, 445 Farrington St., St. Paul. For registration and other information, go to [cloudsinwater.org](http://cloudsinwater.org) and select the "Classes and Sesshins" tab.

## Weekend Sesshin

**7:00 P.M. Friday, June 26-Noon Sunday, June 28**

Held at Compassionate Ocean Dharma Center

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

Fees: \$60 (members \$50) (includes four meals)

To register for this retreat, call the Center at (612)781-7640

# Spring 2015 Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Zip \_\_\_\_\_ Email \_\_\_\_\_

Phone

H: (     ) \_\_\_\_\_

W: (     ) \_\_\_\_\_

To register, check the appropriate activities.

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

- Minneapolis, Tuesday evenings (#185)  
 St. Paul, Thursday evenings (#265)

## Total Dynamic Living: One-Day Retreat

- Saturday, May 9, 9:00 A.M.– 3:00 P.M.  
(by donation for program alumni)

## Mindfulness In Depth: Mindfulness of Mind

- Minneapolis, Wednesday evenings (#B73)  
(\$25 deposit)

## One Day Sangha Retreat

- Saturday, April 11, 9:00 A.M.– 4:30 P.M.  
(enclose payment of \$20 members,  
\$25 non-members)

## Weekend Sesshin

- June 26-June 28  
(enclose payment of \$50 members,  
\$60 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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## Spring Program Highlights

- **Introductory Programs in Mindfulness**  
– Offered in Minneapolis and St. Paul
- **Buddhist Studies course:**  
– “Mindfulness of Mind”
- **Retreats at Compassionate Ocean Dharma,  
Clouds in Water and Ryumonji Zen Monastery**
- **Building Workdays**
- **Special Book Presentation**
- **Baika Workshop**
- **Introduction to Zen Meditation**

## Preview of Summer Programs

- **Total Dynamic Living Introductory Program in Mindfulness**  
– Begins June 9 in Minneapolis and June 11 in St. Paul  
(8 weeks)
- **Buddhist Studies Class: Mindful Speech and Deep Listening**  
– Begins Wednesday June 10 in Minneapolis (8 weeks)