



Compassionate Ocean Dharma Center

A Center for Mindful Living

652 17th Avenue NE, , Minneapolis, MN 55413 • Issue No. 39 • Winter 2015



Photos by Rebecca Pavlenko Photography

2014 Year–End Appeal

Dear Friend:

We have great news. Our new home is open! This is truly a time to celebrate! We are profoundly grateful to all who have so generously contributed their labor and financial help to make this possible. **Thank you!!** Special thanks to everyone who gave to the Ribbon Cutting Campaign last spring. Your contributions pushed us over the final threshold and helped to restore financial stability to Compassionate Ocean.

As we open the doors of our new home, we enter a new phase in the life of Compassionate Ocean. Our new facilities allow us to extend the practice of awakening to a broader community than ever before. We will be able to offer new opportunities for meditation, classes, retreats, and special events in a graceful and accessible building. **Our challenge now is to realize the potential of our new building. To do this we need to create a new administrative structure and improve the technology that supports Compassionate Ocean’s teaching and programs. We also need to maintain a strong financial position for the Center.**

To meet these important goals, the Center needs to raise \$28,000 in this Year End Appeal. Of this amount, \$18,000 will meet our original budget goal for 2014 for the year end appeal and put us in a strong financial position going into 2015. The remaining \$10,000 will allow us to begin modernizing our technology and creating an administrative structure to support Compassionate Ocean’s teaching and programs. **I am pleased to tell you that we have already received \$4350 toward our goal.**

For 20 years we have relied almost entirely upon volunteers and the tireless efforts of Joen and Michael, our guiding teachers, for everything required to keep our organization functioning. We have no paid administrative staff to do scheduling, programming, accounting, communications, and other administrative tasks. This is unsustainable. We need to build a new administrative structure both to take full advantage of our new facilities and to free our devoted teachers to do what they do best—teach the dharma.

In addition, the technology used to promote and support Compassionate Ocean’s programs, and to communicate with members and the wider community, is outdated and ineffective. We urgently need to upgrade or replace it.

Please help Compassionate Ocean realize its potential as a vital and thriving center for awakening and peace in the heart of Northeast Minneapolis. We are very grateful for your support.

If you have not yet seen the new space, please come and visit. It is truly wonderful. We will schedule some open houses in the New Year.

Thank you warmly,



Alan Williams
Chair of the Board of Directors





Winter Programs 2015

Compassionate Ocean Dharma Center

652 17th Avenue NE. , Minneapolis, MN 55413
(612) 781-7640 • www.OceanDharma.org

Mindfulness in Depth Mindfulness of Body, Mindfulness of Feelings

Taught by Michael O'Neal



Image from education.asianart.org

To practice meditation is to look deeply in order to see the essence of things....The first step is awareness of the object, and the second step is looking deeply at the object to shed light on it.

—Thich Nhat Hanh, *Transformation and Healing*

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

When we are mindful, we are mindful of something. In the *Sutra on the Four Establishments of Mindfulness*, the Buddha gives an extensive teaching on four basic areas of experience that we can bring mindfulness to: the body, feelings, other mind states, and constituents of awakening.

In this course we will focus on the first two of these areas: mindfulness of the body—when sitting, standing, lying down, and moving—and feeling-tones—the basic experience of pleasant, unpleasant, or neutral that underlies and shapes our more developed mental/emotional experience. Each class will include guided meditation practice, lecture, and discussion.

This course is intended to support the continued exploration of mindfulness by those who have already begun their formal practice of it through an introductory course and 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.

Minneapolis (#B72)

Wednesdays, January 21–March 11 (eight sessions)

7:00-9:00 P.M.

\$160 (members \$140) + \$35 materials fee (includes two texts)

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.

#184 Minneapolis: Tuesdays
Jan. 20–March 10 • 6:30-9:00 P.M.

Instructor: Joen Snyder O'Neal

Location: Compassionate Ocean Dharma Center

Compassionate Ocean Dharma Center (652 17th Ave. NE, Minneapolis – in the Northeast Arts District)

#264 St. Paul: Thursdays
Jan. 22–March 12 • 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, March 7, 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 or call (612) 781-7640.

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.

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.

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

Note: No Sunday gatherings on December 21 or 28. .

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

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

Note: No Friday gatherings on December 26 or January 2.

Open Houses

New people are always welcome at sangha gatherings. To provide a special welcome, open houses that include an orientation to our practice are offered periodically. These are excellent opportunities to find out more about sangha gatherings if you are curious but haven't come yet.

Sunday, Jan. 11, 9:00-11:15 A.M.

Friday, Jan. 16, 9:30-11:00 A.M.

Special Book Reading at Clouds

On Friday, February 6, 2015, at 7 p.m. Joen Snyder-O'Neal, Byakuren Judith Ragir, Myo-O Marilyn Habermas-Scher, and Hoko Jan Karnegis will read from their essays in a newly published book entitled *Seeds of Virtue, Seeds of Change*. Joen, Byakuren, Myo-O and Hoko are among the twenty-seven priests whose essays are included in this first-of-a-kind collection of Zen wisdom teachings by Zen women teachers. Clouds in Water Zen Center will host the event.

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, Jan. 24, 9:00 A.M.-4:30 P.M.

Saturday, Feb. 21, 9:00 A.M.-4:30 P.M.

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

This includes sitting and walking meditation, yoga practice, and a dharma talk by Joen or Michael. Participants should bring a bag lunch; drinks will be provided. Fee: \$20 members, \$25 nonmembers.

Weekend Retreat at Ryumonji Monastery

Friday, March 20, 7:00 P.M.-Sunday, March 22, 1:00 P.M.

Location is in northeastern Iowa

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

New: Meditation Schedule

Wednesday mornings beginning Jan. 7:

6:30 Zazen (sitting)

7:00 Kinhin (walking)

7:10 Zazen

7:40 Chanting service

8:00 Temple cleaning (to 8:15)

Friday evenings, Jan. 23 and Feb. 20:

7:30 Zazen (sitting)

8:00 Kinhin (walking)

8:10 Zazen

8:40 Closing chant

New: Introduction to Zen Meditation

One-session instruction for people new to Zen practice.

7:00-8:00 P.M. Mondays, Jan. 26, Feb. 23, March 30 Free.

Special evening presentation

The Sutra on Full Awareness of Breathing (*Anapanasati Sutta*): A Reading with Commentary

Presented by Michael O'Neal (by donation)

7:00-9:00 P.M. Wednesday, Jan. 14

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.

Winter 2015 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 (#184)
- St. Paul, Thursday evenings (#264)

Buddhist Studies class:

- Mindfulness in Depth (#B72)
(\$25 deposit)

One-Day Sangha Retreats

- Saturday, January 24
- Saturday, February 21
(enclose payment of \$25, members \$20 per event)

Weekend Retreat

- Friday, March 20–Sunday, March 22
(Full payment with registration: \$130 non-members, \$110 members)

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
Or register online on our website in the Classes & Retreats section.

Being

Who would I be if my mother didn't tell me, you are you
I just couldn't conceive if I were to believe this wasn't true
She was not trying to deceive, she wanted to relieve
The doubt that held me.

I was attached to wanting control in order to be certain,
So I held on tight, with all of my might
To a self that was only a wispy curtain
Dimming the light of the oneness of we.

Breath by breath I am coming to know
I can let go, let it come, let it flow
Realization of inter-being, connectedness shown
The river is guided to the sea.

I rest in the now, a human I be
Walking, standing, sitting, lying down
Feelings, thoughts, come and they go
I am free, I am free, I am free.

Beyond heaven and earth beyond death and birth
Right now in this room, the truth is of worth
Accepting as the way unfolds
No where to go, nothing to do, just this: being.

Kelly Reynolds

Breathing Mindfully Together

This fall we studied the Buddha's teaching on *anapanasati*, mindfulness with breathing. Using two books by Thich Nhat Hanh, we explored sixteen ways of working with the breath in conjunction with other aspects of experience. 41 people participated in the class.



Photos by Jeff Holland

The River of Feelings

By Michael O'Neal

The function of meditation practice is to heal and transform. Meditationhelps us to be whole, and to look deeply into ourselves and around us in order to realize what is really there. The energy that is used in meditation is mindfulness; to look deeply is to use mindfulness to light up the recesses of our mind, or to look into the heart of things in order to see their true nature.

—Thich Nhat Hanh

If you haven't wept deeply, you haven't begun to meditate.

—Ajahn Chan



Image from Bigstock

In each of us there runs a river of feelings. Joyful feelings, painful feelings, calm feelings, passing one into another, moment after moment.

For many of us, emotional life is an area of difficulty. It may be that painful feelings are frequently present—grief, shame, fear, anger. Or it may be that we have an uneasy awareness of the power of emotions, and so do our best to minimize their presence in our lives in general. Or we may feel that we have to follow every pull of emotion, and find ourselves exhausted from being dragged around.

The Buddha gave great importance to bringing mindfulness to feelings. In his teaching on the practice of mindfulness he identified four foundations—the body, feelings, mind-states, and mind-objects. “Feelings” here has a special meaning. It refers to the feeling tone that accompanies every sense experience, including mental events. These feeling tones are of three kinds—pleasant, unpleasant, or neutral.

The special importance of the feeling tones is how they condition our mind-states, which include emotions and thoughts. For instance, if the feeling tone is unpleasant, it is very easy for us to be carried off into feeling annoyed, angry, or rageful—feeling some form of hatred and aversion for whatever is connected (or even unconnected) with that unpleasant feeling. If a pleasant feeling tone comes up, it is fertile ground for the greedy, grasping mind that wants the pleasant feeling to continue and to increase. If the feeling tone is neutral, our tendency is to tune out the experience, or be confused by it, or do something to change it into pleasant or unpleasant, which we can then react to in a more familiar way.

Mind-states, sometimes called mental formations, include all the forms the mind temporarily takes as it flows on, moment after moment—emotions, thoughts, daydreams, reactions, etc. The mind also includes the capacity to be mindful—to bring sustained, open awareness to what is happening in the present, just as it is.

When we bring mindfulness to feelings and emotions, we bring awareness to the flow of experience, without being carried away by it, without trying to force it to be different, without trying to escape from it. Because of our long habit of running toward the pleasant and running away from the unpleasant, and fuzzing out on the neutral, this is a radical practice, and it requires both courage and stability. Strong emotions, particularly painful ones, can seem unbearable to simply be with. But the practice of mindfulness can help us see that we don't need to be frightened by powerful emotions, that they are only one aspect of who we are, that they are constantly changing, and that we have the capacity to experience emotions without being overwhelmed by them.

When our mindfulness is strong enough, it can safely hold even very powerful emotions. To experience this—to stay present, aware, and non-interfering as an emotion arises, peeks, and then quiets down—is enormously liberating. This is more than momentary relief. It is deep transformation of the mind, bringing freedom from reactivity and from victimization by painful states of mind. It is a true path of emancipation, available to us all.

(See program schedule for information on upcoming class on mindfulness of feelings.)



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Winter Program Highlights

- **Introductory Programs in Mindfulness offered in Minneapolis and St. Paul**
- **Buddhist Studies courses**
 - *Mindfulness of Body, Mindfulness of Feelings*
- **One-day sittings in Jan. & Feb.**
- **Weekend retreat in March**
- **New: Weekly Wednesday morning sittings**
- **New: Monthly Friday evening sittings**
- **New: Intro to Zen Meditation sessions**
- **Special Presentation:**
 - *The Sutra on Full Awareness of Breathing*
Wednesday evening, Jan. 14

We're Open!

On November 21 we received our Occupancy Permit to begin using our renovated building for program activities. This is the culmination of more than a decade of hard physical work and dedicated financial support from a very great number of people. **Deep thanks to one and all.** Our shared efforts have come to fruition in a beautiful new practice space. Please come for a visit soon! See our program schedule for upcoming activities.

And—please update our address in your records. We are keeping our office space at 681 17th Ave. NE, Suite 210, Minneapolis, 55413, but the new address of our building is **652 17th Ave. NE, Minneapolis, MN 55413** (right across the street). Please remove the Holmes Avenue address from your records; that address is no longer valid.



Photo by Rebecca Pavlenko Photography