



**Spring Programs 2016**  
Compassionate Ocean Dharma Center  
652 17th Ave. NE, Minneapolis, MN 55413  
(612) 781-7640 • [www.OceanDharma.org](http://www.OceanDharma.org)

**Mindfulness in Depth**  
**Finding True Happiness: The Four Noble Truths**  
*Taught by Michael O'Neal*



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

**An Experiential Program for People Who Have Begun a Mindfulness Practice**

One of the most influential teachings of the Buddha is the Sutra on the Foundations of Mindfulness. In this discourse the Buddha gives an extensive teaching on four fields of mindfulness: body, feelings, mind, and Dharma.

This course will begin with an overview of the first three foundations: body, feelings, and mind. We will then turn to the fourth foundation: the awakening process itself, and in particular, the Buddha's teaching on suffering and its transformation, expressed in the Four Noble Truths. For 45 years the Buddha said repeatedly that he taught only suffering and its transformation. We will explore how this teaching can come alive in our meditation practice and in our lives. 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 by taking an introductory course (such as Total Dynamic Living) and who are prepared to maintain a regular sitting practice. The format of the course incorporates intellectual study, experiential discovery, and community support.

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 (#B77)**  
**Wednesdays, April 6–May 25 (eight sessions)**  
**7:00–9:00 P.M.**

**\$160 (members \$140) + \$25 materials fee**  
**(\$5 for people who already have *Mindfulness* by Joseph Goldstein )**

### 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.

**#189 Minneapolis: Tuesdays**  
**March 29-May 17 • 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)

**#269 St. Paul: Thursdays**  
**March 31-May 19 • 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 14, 2016 • 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*

### Guiding Teachers



Michael O'Neal and Joen Snyder 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.*

### Sustaining Membership:

You are invited to become a sustaining member of 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.

## Meditation and Dharma Talks

Most Sunday and Friday mornings throughout the year Compassionate Ocean offers meditation practice (sitting and walking) followed by a Dharma talk and discussion, focusing on aspects of Buddhist teaching and their application to everyday life. Our practice is in the mindfulness traditions of Soto Zen and Thich Nhat Hanh. Everyone is invited to participate. There are no prerequisites; people are welcome to come when they wish. There is no fee; donations are welcome. The Sunday gathering is co-led by Joen Snyder O'Neal and Michael O'Neal. Joen leads the Friday group.

### **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

### **Fridays, 9:30-11:00 A.M.**

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

## Welcome Sessions

New people are always welcome at our Sunday and Friday morning gatherings. To provide a special welcome, welcome sessions that include an orientation to our practice are offered periodically. These are excellent opportunities to find out more if you are curious but haven't got around to coming.

### **Friday, April 8, 9:00-11:15 A.M.**

### **Sunday, April 10, 9:00-11:15 A.M.**

## Orientation to Zen Meditation

Basic instruction in Zen sitting practice.

### **Sunday mornings at 8:15 A.M.**

## Introduction to Zen Practice with Michael

A two-class introduction to Zen meditation and related practices. No fee; pre-registration required.

### **Mondays, April 11 and 18, 7:00-8:30 P.M.**

## Meditation Sessions

Wednesday mornings: 7:00 A.M. zazen (sitting), 7:30 kinhin (walking), 7:40 zazen, 8:10 chanting service, 8:30 temple cleaning (to 8:45). People are welcome to come for any part of the schedule.

## 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.

## Day of Mindfulness

### **Saturday, April 16, 9:00 A.M.-4:30 P.M.**

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

This day will include sitting and walking meditation, yoga practice, body scan, and a Dharma talk. Includes vegetarian lunch. Fee: \$25 members, \$30 nonmembers.

## Weekend Sesshin

### **Friday, May 20, 7:00 P.M.–Sunday, May 22, Noon**

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

Sesshin means "to gather or collect the mind." Includes sitting and walking meditation, chanting services, dharma talks, and formal meals. Register at least one week in advance. Fee: \$60 (members \$50) (includes four meals)

## Weekend Sesshin at Ryumonji Monastery

### **Friday, June 17, 7:00 P.M.–Sunday, June 19, 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 \$125, non-members \$150 (includes meals and lodging). To register for this retreat, call the Center at (612) 781-7640.



Ryumonji Monastery

# Spring 2016 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 (#189)  
 St. Paul, Thursday evenings (#269)

## Total Dynamic Living: One-Day Retreat

- Saturday, May 14, 9:00 A.M.– 3:00 P.M.  
(by donation for program alumni)

## Mindfulness In Depth: The Four Noble Truths

- Minneapolis, Wednesday evenings (#B77)  
(\$25 deposit)

## Ryumonji Retreat

- Friday, June 17-Sunday, June 19 (enclose  
payment of \$125 members, \$150 non-mem-  
bers)

## Day of Mindfulness

- April 16 (enclose payment of \$25 members,  
\$30 non-members)

## Weekend Sesshin

- May 20-May 22 (enclose payment of \$50  
members, \$60 non-members)

## Sunday and Friday Gatherings

No advance registration is necessary for these  
gatherings.

**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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To report an address change, unsubscribe or request an email version of the  
newsletter, please call 612-781-7640 or email [admin@OceanDharma.org](mailto:admin@OceanDharma.org).

## Special Events This Spring

**What Is Zen?** A Dialogue with Norman Fischer  
Poet, Author, and Former Abbot of the San Francisco Zen  
Center.

**7:00 P.M. Thursday, March 24**

By donation

## Mindfulness and Deep Listening

Talk and Workshop by Larry Ward and Peggy Rowe Ward  
at Clouds in Water Zen Center.

**Friday and Saturday, April 8-9**

Co-sponsored with Clouds in Water Zen Center—see  
[CloudsInWater.org](http://CloudsInWater.org)

## For a Future to Be Possible: Facing Climate Change

6:00 P.M. Potluck, 7:00 P.M. Presentation and  
Discussion.

**Fridays, April 22 (Earth Day), May 27, June 24**

No fee; register in advance by phone or email