



# Spring Programs 2013

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

## The Wheel of Life

Taught by Joen Snyder O'Neal



**Mondays, April 1 – May 20 (Eight Sessions) • 7:00-9:00 P.M.**

Casket Arts Building, Suite 210  
681 17th Ave. NE, Minneapolis (in the Northeast Arts District) (#B62)  
Fee: \$160 (members \$130) + \$15 materials fee  
Reduced fees are offered as needed.

*The Wheel of Life is an ancient symbol of tremendous spiritual significance. It is a graphic representation of the Buddhist understanding of life, a mirror held up to the human heart. Within its depths we see the forces that limit and bind us. We see the happiness and the suffering we create for ourselves. We see the chain of ingrained habits that makes us who we are. But, looking deeper still we begin to see the way to freedom.*

from *The Wheel of Life* by Kulananda

In this eight-week course we will study the Wheel of Life—the image and the meaning of how it manifests in our lives. We will examine how we are driven by the three poisons of greed, anger, and ignorance; how we transmigrate through the six realms of hell, heaven, fighting spirits, hungry ghosts, animals, and humans; and how we are conditioned by the twelve links of interdependent co-arising. We will examine the psychological and spiritual aspects of each of these elements, and see how a way of liberation can be found.

This teaching represents the vision of the Buddha leading up to his enlightenment, or, it is sometimes said, the very contents of his enlightenment.

The course text will be *The Wheel of Life* by Kulananda, which will be given out at the first class.

## Total Dynamic Living - Introductory Program in Mindfulness

For program description and details, please see our website: [www.OceanDharma.org](http://www.OceanDharma.org)

**#179 Minneapolis: Tuesdays**  
**March 26 – May 14 • 6:30 - 9:00 P.M.**

**Instructor: Joen Snyder O’Neal**  
Location: Casket Arts Building, Suite 210  
681 17th Ave. NE, Minneapolis (in NE Arts District)

**#258 St. Paul: Thursdays**  
**March 28 – May 16 • 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

The Total Dynamic Living One-Day Retreat will take place Saturday, May 11, 8:30 A.M.-2:30 P.M.

Casket Arts Building, 681 17th Ave. NE, Suite 210, Minneapolis

## Buddhist Studies

### An Introduction to the Samdhinirmocana Sutra

Taught by Michael O’Neal

This spring visiting teacher Tenshin Reb Anderson will be leading a sesshin focused on teachings presented in this sutra, “The Sutra Unfolding the Thought [of the Buddha].” (See the “Retreats and Special Events” section of this newsletter.) The sutra consists of a number of advanced disciples asking the Buddha what he meant when he gave a particular teaching, followed by the Buddha’s detailed response. The explanations are both spiritually and intellectually profound. The sutra is a foundational text for Yogacara Buddhism.

This course is intended to lay some groundwork for Tenshin Roshi’s talks on the sutra. It will present the historical background of the sutra, how it relates to other Buddhist teachings, and key perspectives presented in the sutra, including the nature of the ultimate, the psychological dimension, and the three characteristics of phenomena. The course text will be Tenshin Roshi’s new book, *The Third Turning of the Wheel: Wisdom of the Samdhinirmocana Sutra*, which can be picked up after registering for the course. This course is being co-sponsored with Clouds in Water Zen Center.

**St. Paul (#B63) – Wednesdays**

**April 10-24 (three sessions) • 7:00 - 9:00 P.M.**

Fee: \$60 (members \$48) + \$15 materials fee  
This course will be presented at Clouds in Water Zen Center. Register at [cloudsinwater.org](http://cloudsinwater.org).



### An Introduction to Lojong: Training in Compassion

Taught by Michael O’Neal

This spring visiting teacher Norman Fischer will be leading a weekend of events focused on his new book, *Training in Compassion: Zen Teachings on the Practice of Lojong*. (See the “Retreats and Special Events” section of this newsletter.) This course is intended to be preparation for his visit.

Lojong is a Tibetan word meaning mind-training, designed to cultivate the mind and heart of enlightenment. The lojong teachings presented here are organized around seven points that contain fifty-nine succinct slogans for everyday practice. Like many Zen teachings, these slogans are very straightforward and down-to-earth, and also deeply transformative. They especially support the cultivation of compassion, connection, and resiliency. This course will present an overview of the lojong teachings using Norman Fischer’s book, which can be picked up after registering for the course.

**Minneapolis (#B64) – Wednesdays**

**May 8-29 (four sessions) • 7:00 - 9:00 P.M.**

Fee: \$80 (members \$60) + \$15 materials fee  
Presented at Casket Arts Building, Suite 210,  
681 17th Ave. NE, Minneapolis

**Member rates apply to members of all local dharma centers. Reduced fees are offered as needed.**

## 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 sangha gatherings on March 17 or May 5.*

### **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 sangha gatherings on March 15 or May 3.*

## Guiding Teachers



*Joen Snyder O'Neal and Michael O'Neal are available for individual meetings regarding life and practice. Call the Center for an appointment.*

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.

## Retreats and special events

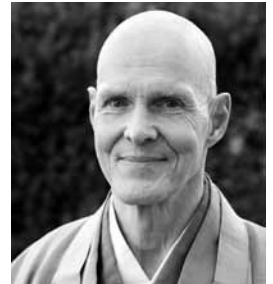
### **Weekend Sesshin at Ryumonji Monastery Friday, March 15, 5:30 P.M.-Sunday, March 17, 2:00 P.M.**

Location is in northeastern Iowa  
Led by Shoken Winecoff, Joen Snyder O'Neal, and Michael O'Neal  
Fee: \$130 (members \$110) (includes meals and lodging)

### **Sesshin at Clouds in Water Zen Center**

#### **Wed., May 1-Sunday, May 5**

Led by Tenshin Reb Anderson  
Senior Dharma Teacher at San Francisco Zen Center  
and Green Gulch Farm Zen Center  
For details or to register, go to [cloudsinwater.org](http://cloudsinwater.org), or call 651-222-6968 ext. 1.



### **Cultivating Compassion: Zen Teachings on the Practice of Lojong**

Weekend events with Norman Fischer  
Spiritual Director of Everyday Zen  
Foundation and Senior Dharma Teacher at San Francisco Zen Center  
Events co-sponsored with Minnesota Zen Meditation Center and Dharma Fields Zen Center.



### **Public Talk:**

#### **Friday, May 31, 7:00 P.M.**

Compassionate Ocean Dharma Center  
1626 Jefferson St. NE, Minneapolis  
By donation

### **Saturday Retreat:**

#### **June 1, 8:00 A.M.-4:00 P.M.**

Minnesota Zen Meditation Center  
3343 E. Calhoun Parkway, Minneapolis  
For more information on the Saturday retreat or to register, go to [mzzencenter.org](http://mzzencenter.org).

For information on additional weekend events with Norman Fischer, including a talk at a Jewish community center and a bookstore reading, call the Compassionate Ocean office—(612) 781-7640,

**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 2013 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 (#179)  
 St. Paul, Thursday evenings (#258)

### Total Dynamic Living: One-Day Retreat

- Saturday, May 11, 8:30 A.M.– 2:30 P.M.  
(by donation for program alumni)

### The Wheel of Life

- Minneapolis, Monday evenings (#B62)  
(\$25 deposit)

### Introduction to Lojong Training

- Minneapolis, Wednesday evenings (B64)  
(\$25 deposit)

### Weekend Retreat at Ryumonji

- Friday, Mar. 15 – Sunday, Mar. 17  
(\$130/\$110)

### 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 courses:**
  - The Wheel of Life
  - An Introduction to the Samdhinirmocana Sutra
  - An Introduction to Lojong: Training in Compassion
- **Retreats:**
  - Ryumonji with Shoken Winecoff, March 15-17
  - Tenshin Reb Anderson, May 1-5
  - Norman Fischer, June 1
- **Norman Fisher Public Talk, May 31**

**A Milestone!** Rev. Sosan Theresa Flynn received Dharma Transmission from Rev. Joen Snyder O'Neal in December. This was the culmination of their many years of study and practice together. Congratulations to everyone involved!

**Thich Nhat Hanh 2013 North American Tour**  
information see: [tnhtour.org](http://tnhtour.org)