

Our true home is in the present moment. To live in the present moment is a miracle....The miracle is to walk on the green Earth in the present moment, to appreciate the peace and beauty that are available now. Peace is all around us—in the world and in nature—and within us—in our bodies and our spirits. Once we learn to touch this peace, we will be healed and transformed. It is not a matter of faith; it is a matter of practice.

—Thich Nhat Hanh



The Wonderful Teachings of Thich Nhat Hanh

Thich Nhat Hanh is one of the most important teachers of mindfulness in the world today. Now 90, he has been active his entire life in presenting ways of engaging with the challenges of our lives and our world that are profound, inspiring, and accessible to everyone. His example and teachings have greatly influenced the development of Compassionate Ocean, our members, and our teachers.

Joan first met Thich Nhat Hanh in 1982 when he visited Minneapolis on a peace tour. Since then she has studied with him and his community on numerous occasions, including two extended retreats at his community at Plum Village, France, as well as at several retreats in the United States. His writings have been used extensively as texts for courses offered at Compassionate Ocean.

Each class will include sitting meditation; a talk based on readings from the course text, *The Essential Teachings of Thich Nhat Hanh*; small group discussions; and practices and songs from Plum Village. The text will be available at the first class.

Wednesdays, June 7—July 26 (eight sessions)

7:00–8:45 P.M.

Compassionate Ocean Zen Center

652 17th Avenue NE, Minneapolis, MN 55413

\$160 (members \$140) (includes course text: *The Essential Teachings of Thich Nhat Hanh*)

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, go to www.OceanDharma.org or call (612) 781-7640.



**Compassionate Ocean
Zen Center**

Joan Snyder O'Neal, course instructor, is a guiding teacher of Compassionate Ocean Dharma Center. She practiced for many years with Dainin Katagiri Roshi at the Minnesota Zen Meditation Center and Hokyo-ji Zen Monastery. She has also practiced with Thich Nhat Hanh in France and the United States, and has completed a training for professionals with Jon Kabat-Zinn. Joan was ordained as a Zen priest by Katagiri Roshi in 1980 and received Dharma transmission from him in 1989.



Options for registration:

- Complete the form below and mail to Compassionate Ocean Zen Center, 652 17th Ave NE, Minneapolis, MN 55413. Enclose \$160 (members \$140) check payable to Compassionate Ocean.
- Register online by going to http://www.oceandharma.org/classes_Buddhism.html, scroll to the bottom of the page and click on the link that reads [Register online](#). Payment can be entered in the box to the right of “Buddhist Studies” under “Program Fees.”
- For any questions, email (admin@OceanDharma.org) or call the Center (612-781-7640).

Registration Form—The Wonderful Teachings of Thich Nhat Hanh

Wednesdays, June 7—July 26, 2017 (eight sessions)

Name: _____

Address: _____

Email: _____

Telephone Numbers: Home (____) _____ Cell (____) _____

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