

## Comments from past participants:

*"One of the most important things I've done in years."*

*"The meditation taught in this class is invaluable, ideally suited for those who are skeptical or new to meditation."*

*"I thought the class was excellent and would recommend it to fellow employees."*

*"I became part of a community during this course."*

*"There is more balance and less pain in my life now."*

*"I feel more relaxed and centered, more accepting of myself and others."*



## Compassionate Ocean Zen Center

652 17<sup>th</sup> Avenue NE, Minneapolis, MN 55413

[www.OceanDharma.org](http://www.OceanDharma.org) • (612) 781-7640

## *Meditation and Total Dynamic Living*

### A Program in Mindfulness for stress reduction and engaged living

**Total Dynamic Living** is an introduction to mindfulness practice in everyday life. It is an exploration of new ways to respond to the challenges of daily life, including stress, pain, and chronic illness.

The program is based on the work of **Jon Kabat-Zinn**, featured on the Bill Moyers special *Healing and the Mind* and best-selling author of *Wherever You Go, There You Are*. The eight-week course uses meditation and yoga in a carefully structured program to explore the wisdom of the mind and body. Learning to let go of habitual reactions such as fear and anxiety, participants mobilize inner resources to bring balance and clarity to their lives, strengthening the ability to grow, to change, and to be healed. The program enables participants to develop their own experiential base in mindfulness practice and its integration into daily life.

Total Dynamic Living includes an individual interview, eight weekly two-and-one-half hour classes, a Saturday retreat, a book, four mp3s, and handouts.

Instructors **Michael O'Neal** and **Joel O'Neal** are Guiding Teachers of Compassionate Ocean Zen Center and together have over 50 years' experience practicing and teaching meditation, including at the Minnesota Zen Center and Hokyo-ji Zen Monastery. Both have studied with Dainin Katagiri Roshi and Thich Nhat Hanh and have completed a training in Mindfulness-Based Stress Reduction (MBSR) for professionals with Jon Kabat-Zinn. Both Michael and Joel are ordained Buddhist priests. Since 1994 they have offered this program throughout the Twin Cities area, including for the staffs of Abbott-Northwestern Hospital and KTCA-TV.

This program is offered in Minneapolis and St. Paul. For more information, call (612) 781-7640 or email [admin@OceanDharma.org](mailto:admin@OceanDharma.org).



## The *Total Dynamic Living* Program in Mindfulness

***Total Dynamic Living* emphasizes the development of mindful awareness of physical and mental processes.** Participants explore using their own body and mind to alleviate the mental and physical discomfort associated with stress, pain, illness, and the challenges of daily life. Through quiet observation of thoughts, sensations, and emotions, participants develop their ability to concentrate, relax, and let go of habitual reactions involving fear, anxiety, and other stress-producing emotions.

**Each of the eight classes consists of a number of elements, bringing together instruction and practice in sitting, lying down, and walking meditation along with group discussion, lecture, stories, and mindfulness exercises.** The activities that are introduced in the classes are practice at home, on a daily basis, with provided CDs. Participants are also encouraged to extend mindfulness into daily life activities. The combination of classroom work and home practice supports a thorough understanding and integration of mindfulness, bringing increased balance and insight to everyday life.

**This program is modeled on Dr. Jon Kabat-Zinn's Stress Reduction Program (MBSR) at the University of Massachusetts Medical Center.** In the late 1970s Dr. Kabat-Zinn was working as a medical researcher while also maintaining a personal practice of meditation and yoga. He came to believe that many patients, including some for whom Western medicine had nothing more to offer, could benefit from the practice of meditation and yoga. About twenty years ago he left his research position and started a hospital-based stress reduction clinic using mindfulness practice. His program has had enormous success with participants who suffer from a wide variety of debilitating physical and psychological conditions, as well as those with job or family stress. He says of his clients:

*They often leave with fewer physical symptoms and greater self-confidence...they are more patient and accepting...less anxious, less depressed, and less angry...they are more in control even in very stressful situations.*

The *Total Dynamic Living* program brings the opportunity to experience these benefits to people in the Twin Cities area, including those whose primary interest is in deepening their experience of mindfulness and mindful engagement with daily life.

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**Center for Mindful Living**

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*Joen and Michael in 1996 at the mindfulness community of Thich Nhat Hanh in Plum Village, France*



## About Mindfulness...

The *Total Dynamic Living* program is about cultivating the practice of mindfulness, which is to deeply touch the living reality of the present moment. Simply put, this involves paying attention to whatever is happening and fully acknowledging it. This would seem to be easy to do, but in actuality it is not. Our minds have developed the habit over many years of seeing things through the filter of our concepts and prejudices. We also continually try to distract ourselves from the pain and boredom of our daily lives. These dual activities of judging and distracting keep us separate from the actuality of our lives—from the treasure of the present moment.

The practice of mindfulness is about changing the way we look at and live our lives. It is about realizing—making real—the processes of sensing, feeling, and thinking so that we aren't run over or tossed away by difficulty in the body or wildness in the mind. It is about becoming aware of the nuances of each moment and of how we create our lives by the way we perceive and respond.

One of the results of the practice of mindfulness is the ability to deal with that which causes stress in our lives with greater equanimity. In addition, this practice naturally relaxes the body and allows all the body's systems to slow down. This "relaxation response" is a major positive factor in mind/body health and healing.

Thich Nhat Hanh, the world-renowned mindfulness teacher, has written, "*Practicing mindfulness in each moment in our daily lives, we can cultivate our own peace. With clarity, determination, and patience—the fruits of meditation—we can sustain a life of action and be real instruments of peace.*" We are very happy to offer the teaching of this practice of mindfulness to interested people in the Twin Cities area.

--Michael O'Neal and Joen O'Neal