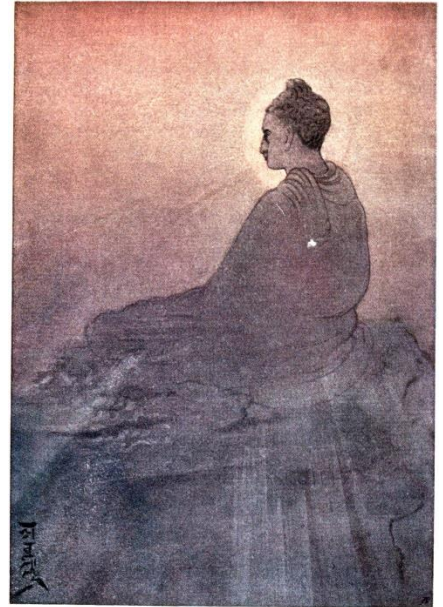


Basic Teachings of the Buddha

Before there was Buddhism, there was an historical figure from northern India who dedicated his life to investigating the human condition. After great focused effort he realized a way of life liberated from unease. At first he struggled with how to present his insights, but soon he devised a framework of teaching and training. This course explores the early discourses, discussions and dialogues that outline this framework.

We will uncover the personality of the Buddha as he presents teachings and develops and encourages his vision of training. The course will include meditation, lecture, discussion, and reading from *Basic Teachings of the Buddha* by Glenn Wallis.



Wednesdays, June 12—July 31 (eight sessions) (#B90)
7:00–9:00 P.M.

Compassionate Ocean Zen Center

652 17th Avenue NE, Minneapolis, MN 55413

\$185 (members \$165) (includes course text)

*Member rates apply to members of all local Dharma centers.
Reduced fees are offered as needed; please contact the Center to request.*

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



Compassionate Ocean
Zen Center

Taught by Ryushin Jan Freier & Kikan Mike Howard

Ryushin Jan Freier began his Zen practice at the Minnesota Zen Center in 1985 where he often ran the tape recorder for Katagiri Roshi's lectures. He also served as tenzo (head of cooking practice) for six years. He was lay ordained by Katagiri Roshi in 1989. Currently he practices at Compassionate Ocean and at Hokyōji Zen Practice Community during their summer and winter practice periods.

Kikan Mike Howard is the Youth Practice Leader and a priest-in-training at Clouds in Water Zen Center, and also active at Compassionate Ocean. He has been studying Zen Buddhism since the late 1990s. In his spare time, Kikan is an independent app developer, ukulele player and cat wrangler.

