

# Zen Buddhism Classes



## Chung Tai Zen Center of Sunnyvale

Where can we find peace of  
mind and true happiness?  
How do we resolve conflicts  
and end suffering?



***Come and join us in English Zen Buddhism classes ! All classes are free and open to the public.***

<b>NEW Level 1</b>	<b>01/03 - 03/28/2019</b>	<b>Thu 10:00-12:00pm</b>	<b>No prerequisite</b>
<b>NEW Level 1</b>	<b>01/07 - 04/01/2019</b>	<b>Mon 7:30-9:30pm</b>	<b>No prerequisite</b>
Level 2	01/02 - 03/27/2019	Wed 10:00-12:00pm	Level 1 required
Level 2	01/05 - 03/30/2019	Sat 10:00-12:30pm	Level 1 required
Level 3	01/05 - 03/30/2019	Sat 4:30-6:30pm	Level 1 & 2 required
Sutra Study 1 (S1) <i>(The Essence of Mahayana Practice)</i>	01/02 - 03/27/2019	Wed 7:30-9:30pm	Level 1~3 required
Sutra Study 2 (S2) <i>(The Lotus Sutra)</i>	01/03 - 03/28/2019	Thu 7:30-9:30pm	Level 1~3 & S1 required
A.W.E.S.O.M.E. Children / Youth Class	01/12 - 03/30/2019	Sat 7:30-9:00pm	6-14 years old with parents

☸ Zen, known as “Chan” in Chinese, flourished in China around 700 C.E., and has since been providing spiritual nourishment for countless people. Chung Tai belongs to the Linji lineage of Chinese Zen Buddhism.

☸ Through Zen meditation, we can reach a deeper understanding of life’s difficult problems, opening our minds to gain true wisdom and peace. The key to enlightenment is to reflect inward into our own minds to attain an unbiased perception of reality.

◆ We are supported by your generous donations.

◆ Register online - <http://register.ctzen.org/zims/login/en/>.

◆ Dress code: Please wear comfortable clothes or meditation clothing. **Socks are required in the Zen Hall.**

◆ Meditation clothing (optional) may be obtained at the Zen Center. Non-slip ankle socks are also available.

Please inquire at the reception desk.

◆ No smoking, alcohol or pets are permitted on the premises. ◆ Please feel free to call for information or visit in person.

**750 E. Arques Avenue • Sunnyvale • CA 94085**

**408.733.0750 • <http://sunnyvale.ctzen.org> • E-mail: [sunnyvale@ctzen.org](mailto:sunnyvale@ctzen.org)**

# CHUNG TAI ZEN CENTER OF SUNNYVALE ZEN BUDDHISM CLASSES

## *A Refreshing Spring for the Spirit*



The Zen Center offers continuing series of weekly classes of different levels, starting every four months. Classes are conducted in both English and Chinese. Anyone interested can

enroll, progressing from the beginning Zen meditation methods and fundamental principles to advanced sutra studies.

Each class meets for about two hours, consisting of meditation practice in the first hour and a lecture on Buddhist teachings in the second hour.

No prerequisite is required for all Level I classes for adults, children and youth. Advanced classes require the completion of Level I and/or II.

## *A Meditation Class for Family*

### **A.W.E.S.O.M.E.**

"Ancient Wisdom-Enhancing School of Mindfulness and Enlightenment" class is designed for children/youth ages 6-14 to discover their inner wisdom and develop a positive outlook on life. The creatively designed curriculum includes meditation instructions, Dharma talks, Zen stories, movies, character-building activities, and more. Students learn to sharpen their awareness and concentration and to appreciate the gifts of this world. A parent must attend the class with the student.



## *Sutra Study Classes*

### **Sutra Study 1: The Essence of Mahayana Practice** (達摩二入四行觀)

We study this terse yet rich and profound text by Bodhidharma (c. 5th/6th century), also known as "The Two Entrances and Four Practices". The "Two Entrances" are entering the Mahayana path by Principle and by Practice, whereas the "Four Practices" are the practices of accepting adversity, adapting to conditions, seeking nothing, and acting in accordance with the Dharma. In mere 700 words, "The Two Entrances and Four Practices" outlines the essentials of Buddhist teaching from both the "sudden enlightenment" and "gradual cultivation" perspectives.

**Sutra Study 2: The Lotus Sutra** (妙法蓮華經) is one of the essential and influential Mahayana sutras. This Sutra is known for its use of parables to illustrate concepts in Buddhism and its teaching on "One vehicle, many skillful means", "all sentient beings have the potential to become a Buddha", among others.

This Sutra has not been widely taught in English and this is the first time it is offered at the Zen Center.

## *Level 1, 2, 3*

### **Level 1 Class**

**Meditation methods include** Breath Counting, Mindfulness of the Breath, Loving-Kindness Meditation, & Middle Way Reality Method.

**Lecture topics include** Introduction to Buddhism and Zen, Zen Mindfulness, Buddhist Karma, the Four Tenets of Chung Tai, & the Four Noble Truths.

### **Level 2 Class**

**Meditation methods include** review of Level I methods, Compassion Contemplation, & the Four Foundations of Mindfulness.

**Lecture topics include** Buddhist Daily Practices, Compassion, the Bodhisattva Way of Living, & the Six Paramitas: Perfection of Charity, Morality, Tolerance, Diligence, Meditation, and Prajna Wisdom.

### **Level 3 Class : Zen Way of Life**

**Meditation methods include** deepening of practice of Level I & Level II methods and introducing new Zen practices.

**Lecture and discussion** using concepts learned from Level 1 & Level 2 classes. The focus is on how to better apply them to make a positive change in our daily lives.

