



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 sufferings?



Come and join us in the New Session of Zen Buddhism classes!

Zen Meditation ❁ Fundamental Buddhist Principles ❁ Advanced Sutra Study			
NEW Level 1	09/04 - 11/27/2017	Mon 7:30-9:30pm	No prerequisite
Level 2	09/02 - 11/25/2017	Sat 10:00-12:30pm	Level 1 required
Level 3	09/06 - 11/29/2017	Wed 7:30-9:30pm	Level 1 & 2 required
Sutra Study 1 <i>(The Sutra of 42 Chapters)</i>	09/02 - 11/25/2017	Sat 4:30-6:30pm	Level 1 & 2 & 3 required
Sutra Study 2 <i>(The Hundred Dharmas)</i>	09/07 - 11/30/2017	Thu 7:30-9:30pm	Level 1 & 2 & 3 required
A.W.E.S.O.M.E. Children / Youth Class	09/09 - 11/25/2017	Sat 7:30-9:00pm	6-14 years old with parents

- ❁ Zen meditation, known as “Chan” in Chinese, flourished in China around 700 C.E., and has since been providing spiritual nourishment for countless people. Chung Tai Zen Center of Sunnyvale 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.

◆ ALL CLASSES IN ENGLISH

- ◆ All classes are **free** and open to the public. We are supported by your generous donations.
- ◆ **Dress code:** Wear loose and modest attire or meditation clothing, and socks 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 permitted on the premises. ◆ Please feel free to call for information or visit in person.

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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 Sutra of Forty-Two Chapters* (四十二章經)

This sutra was translated in the first Century C.E.; it is the very first Buddhist scripture in the Chinese language. In the sutra, there are aspects of Theravada and Mahayana teachings, expedient means and ultimate reality, and gradual cultivation and sudden enlightenment. Spanning the full spectrum of the Buddhist path, the chapters are terse and the various teachings are practical.

Sutra Study 2: *The Hundred Dharmas*

The Yogacarian (Consciousness-Only or Mind-Only) School of Buddhism aims to achieve enlightenment by analyzing our mental states in detail, in order to understand and eradicate our delusions. It is sometimes called Buddhist Psychology, although its scope is larger than psychology. This class will explain the 8 kinds of consciousness, 51 states of the mind, and ways in which our mind misrepresent reality.

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 : 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 I & Level II classes. The focus is on how to better apply them to make a positive change in our daily lives.