



Deepening One's Practice

Six Week Zen Course

with Subhana Barzaghi Roshi & Brendon Stewart

Thursday nights

7pm - 9pm

27 April - 1 June, 2017

Sydney Zen Centre

215 Young Street

Annandale

www.szc.org.au



This 6 week course is aimed at deepening one's understanding of the Path of Zen, both its philosophical framework, its practices and embodying this understanding in our daily lives. The weekly course will cover the following topics: Cultivating the garden of practice; Love; Cultivating Compassion; Awareness & the Mirror Mind of Samadhi; Emptiness; and Ethics. Each week we will explore and discuss the Buddhist teachings, offer guidance in practices and deepen our understanding through experiential inter-active exercises.

This course is suitable for beginners who have done an orientation and experienced practitioners.

Cost is \$150 for members and \$200 for non-members.
Please note this only covers expenses for the SZC.

The teachers in accordance with the Buddhist tradition provide their teachings as a gift (dana) and rely on your return of that gift (dana) in the form of financial support.

Places are limited so please book in early.

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Course Outline

Week 1: Cultivating the Garden of Practice

An overview of the practices. Breath counting, Breath Awareness & Mindfulness. Concentration and developing Samadhi. Silent Illumination / Shikentaza. Koan Practice: working with primary koans. What is the difference between establishing mindfulness and concentration? What is the relationship between Samadhi - focused attention and insight and the development of wisdom? What sort of relationship to thoughts is helpful in developing insight? Understanding wise effort and energy to support the practice.

Week 2: Love

A general introduction to the over-arching Teachings of the Four Immeasurables: Love; Compassion; Joy; and Equanimity Discussion of the Metta Sutra – The Buddha’s teachings on Loving-kindness. Four Dimensions and practices for polishing the radiant heart of love. Practicing Metta – guided meditation practice.

Week 3: Cultivating Compassion

We will cover teachings on the Four Dimensions to cultivating compassion: self-compassion; compassion for loved ones; altruistic compassion; and supreme compassion. Understanding the pitfalls to developing compassion. Guided Meditation in self-compassion. Experiential exercise in cultivating compassion for others.

Week 4: Awareness & the Mirror Mind of Samadhi

Silent Illumination Practice and ways to practice it. Inquiry and discussion into the three different views of the nature of Awareness: momentary awareness; awareness being a field; awareness as a mirror and the ground of being. Mirror Zen – inquiry and practice. Experiential exercises, “Who looks in the mirror?”

Week 5 - Emptiness

Teachings from the Heart Sutra. Empty of what? The self/not self story. Discussion on how does the teachings of emptiness liberate us from suffering. Working with a koan.

Week 6: Ethics & The Bodhisattva Path

Outline of the Bodhisattva Path and Vows. Discussion on the relationship between morality / integrity and wisdom. Forming an ethical foundation for ones life, having a spiritual compass and living with integrity and authenticity. Discussion on the meaning and process of taking Jukai.



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