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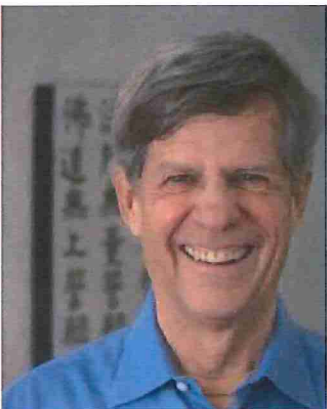
The Trance of Unworthiness by Guiding Teacher Tim Burkett

For many people, living with deeply ingrained feelings of unworthiness has become the norm. When our true nature is veiled by feelings of guilt, shame, remorse, anguish, and resentment, we often feel like we're in a trance, like we're sleepwalking through life.

We have the capacity to penetrate these trance-inducing veils. But first, we have to see clearly that the behavior patterns that cause us so much pain are based on cognitive misperceptions and coping mechanisms that sustain rather than dissolve our feelings of unworthiness. Meditation is the ideal venue to develop this awareness and experience this dissolution.

The primary veil is fear-based thinking. When we're stuck in fear-based thinking we are driven by a need to protect ourselves. We act out in inappropriate and destructive ways. The more we do this, the deeper our trance of unworthiness becomes.

It's important to recognize that fear-based thinking is evolutionary. Imagine that one of our early ancestors saw rustling in tall grasses. If his instincts consistently told him it was a tiger rather than a rabbit his risk of extinction decreases.



Today, in first world countries we generally do not live in life-threatening situations. But the fight/flight/freeze response still gets activated. When our thoughts, are fear-based we tend to be either overtly or passively aggressive, conflict-avoidant, or frozen through indecisiveness.

During our meditation we may become aware of fear-based patterns. When discomfort arises in the form of physical or emotional pain, we usually respond in one of three ways: 1) we fight it, becoming agitated and irritable, 2) we try to escape the discomfort through fantasy and then feel guilty or ashamed that we are wasting our time in meditation, or 3) We freeze up like a stone, holding our mind in a state of rigid, unfeeling blankness.

A second veil is emotional reactivity. Negative emotions are powerful. They tend to drive our lives. Look at Adolph Hitler. He used his anger about being disempowered to hypnotize hundreds of thousands of people and justify the slaughter of more than 11 million civilians.

Fear-based thinking is instinctual; but human beings are not limited to instinct. Through a regular meditation practice, our thoughts and behaviors change. Gradually, the trance of unworthiness dissolves—and we can begin to deeply appreciate ourselves and the joy and wonder of all life as it unfolds. ◇

Mission:

Our mission is to help people experience a deep and quiet joy—a joy that arises whenever we are fully engaged in the work or play of this moment.

Guiding Teacher:

Tim Burkett

Asst. Guiding Teacher

Ted O'Toole

Dharma Heirs:

Ben Connelly

Guy Gibbon

Wanda Isle

Bussho Lahn

Susan Nelson

Ted O'Toole

Rosemary Taylor

Priests-in-Training:

Stacy Lee King

Mark Turbak

Board Members:

Karen Davis

Paul Gilsdorf

Bussho Lahn

Deb Mielke

Susan Nelson

Jim Niland

Wayne Moskowitz

Randy Wedin

MZMC Board Update: Spring 2016

Zen Center's annual community meeting took place at the end of March. The Board reported on a healthy 2015, marked by growth in participation and revenue. There were some important transitions to report on as well. Jodi Williams' board term expired in March, and the community thanked her for three years of dedicated service. During her tenure, Jodi served as Board President and chaired the membership committee. Her leadership there made for a very successful 2016 member drive. Jodi also hosted our first member potluck at the end the January. It was a lovely evening of food and conversation, which the committee plans to repeat this spring. We are pleased that Randy Wedin will now be chairing the membership committee. This is an important and fun committee that could use a new member or two! If you are interested, please contact the office.

The Board welcomes new member Jim Niland. Jim is a long-time member and brings a wide range of experience and skills to the Board. Board meetings are the third Sunday of each month at 11:30 a.m. and open to everyone!

Extended Meditation Opportunities

June Weekend Sesshin with Bussho Lahn

June 10 at 7 pm through June 12 at 4 pm (One-day option on Saturday)

This retreat follows the forms and rituals used in the Soto Zen tradition for centuries. The sesshin includes zazen, kinhin (walking meditation), liturgy, dharma talks, formal vegetarian meals using oryoki, dokusan (one-to-one meetings with the teacher), and work practice.

July Weekend Retreat with Tim Burkett

July 15 at 7 pm through Sunday July 17 at 4 pm (One-day option on Saturday)

This contemporary retreat maintains a deep immersion in meditation and silence. It includes sitting and walking meditation, daily dharma talks, work practice, one-to-one meetings with the teachers, and buffet-style vegetarian meals.

Beginner's Mind Retreat with Ted O'Toole

Saturday, July 30, 1 – 4 pm

Enter the transformative stillness of Zen retreat practice in this afternoon immersion in meditation, silence, and teachings. This brief retreat includes both guided and silent meditation as well as an introduction to the basics of traditional Zen forms, sitting and walking meditation, and a short dharma talk.

Open House with the ECCO Neighborhood: Saturday, June 5

The first Saturday every June, our East Calhoun neighborhood hosts a Saturday of family fun featuring yard sales, performance, good food, and other activities that draw people in to appreciate this vibrant local community. Join us at Zen Center between 8 a.m. and noon for tours, refreshments, and meditation instruction on the half hour. Bring your family and friends for a walk by the lake and a stroll in the neighborhood. Our regularly scheduled Saturday morning meditation schedule will take place on the third floor.



Open House 8 a.m. to noon

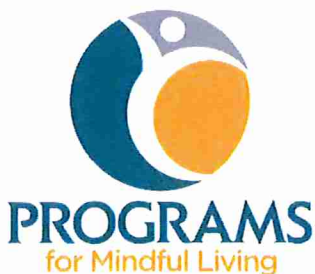
Introducing Programs for Mindful Living

Meditation is a part of the American mainstream now more than ever. It's grown from being a rare practice, often perceived as mysterious and exotic, to a commonly accepted approach to promoting wellbeing that is endorsed by diverse sectors of American society, including medicine, business, and education.

As meditation becomes integrated into American culture, it is also transformed by American culture. Many Americans are interested in pursuing a meditation practice, but prefer an approach that emphasizes mindfulness and present-moment-awareness while setting aside many of the elements that have traditionally been associated with Buddhism. In an effort to better serve this audience, MZMC Board and staff have formed a new organization called Programs for Mindful Living (PML).

PML co-sponsored its first program in March of 2016, Eight Mindfulness Practices for Effective Leadership, an

all-day workshop for working professionals. The event was led by Norman Fischer, a Zen priest, writer, and co-developer of the Google U course *Search Inside Yourself*, and was



held at the Opus College of Business at St. Thomas University in downtown Minneapolis. Interest was strong, with 130 professionals in attendance to learn about the ways in which mindfulness can help to improve working relationships, workplace satisfaction, and workplace effectiveness.

Additional programs were offered by PML in April.

- *Mindfulness Training for Business Professionals*: This four-week course, led by Wanda Isle, followed on the heels of the Norman Fischer workshop and offered participants more practice integrating mindfulness into the workplace.
- *Mindfulness and the Legal Profession*: This course offered participants instruction on applying mindfulness techniques in the specific context of the legal profession.

As we move into 2016, PML will continue to develop and offer new mindfulness programs. Potential offerings include: mindfulness training for older adults, programs designed for specific businesses, and programs delivered in educational settings. The teachers and members of the MZMC community that are involved in PML are excited about these opportunities and the potential to bring the benefits of meditation and mindfulness practices to a broader audience.

Welcome to Saturday Garden Practice



Saturdays from 11am to 1 pm

We are fortunate to have the beautiful garden areas that surround us at the Zen Center. They reflect years of work by many dedicated volunteers. This season, volunteers are invited to garden practice on Saturdays from 11 a.m. (after service) until 1 p.m. Join us on a drop-in basis. On rainy days we'll move inside to read together from *Dharma Rain: Sources of Environmental Buddhism*, edited by Stephanie Kaza and Kenneth Kraft. Please be aware of MZMC retreat dates when gardening will be cancelled. You can check the calendar for details: <http://mnzencenter.org/calendar>. Thank you, and we hope to see you in the garden. If you cannot join us on Saturdays, come over at any time to walk around the kinhin (walking meditation) path and enjoy a view of the Lake.

Bloom and Grow: 2016 Annual Appeal

Guiding Teacher Tim Burkett

Each year MZMC has an annual appeal to help support the Center. This year our theme is *Bloom and Grow*. As you know, Zen Center has been bursting at the seams with people and activity. We have five times as many people coming to activities weekly as we did ten years ago—and that's quite wonderful!

And, we have exciting plans to expand our space to accommodate this growth.

In the meantime, we need to do everything possible to:

- provide teaching and support for meditation practice for everyone who wants to be at the Center,
- expand our administrative capacity beyond one person, and
- take care of our current building by making vitally needed repairs.

Our goal is to raise \$15,000 during the next month to enable Zen Center to thrive during this transition period. Gifts to this campaign may be designated to one or more of the three areas above, or given to be used where it is most needed.

Thanks to the efforts of many, dharma has put down deep roots by Lake Calhoun—and the deeper the roots, the fuller the bloom.

Thank you in advance for your generosity!

