



[www.mnzencenter.org](http://www.mnzencenter.org) • 3343 East Calhoun Parkway, Minneapolis, MN 55408 • (612) 822-5313

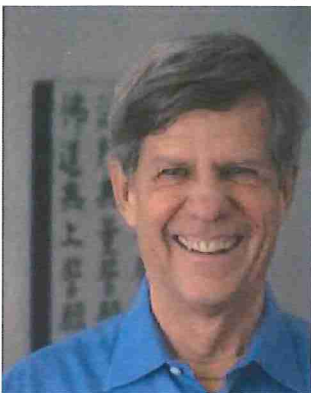
## Being a Lamp to Your Whole Self by Guiding Teacher Tim Burkett

Dogen said, “Flowers fall even though we love them. Weeds grow even though we hate them.”

The self is often disparaged by Buddhist practitioners. We look at the small ego-self and see that it includes a lot of entangled weeds. But it’s very important to take care of the ego. If you disparage it, then you’re just creating another split. The ego-self may be a fiction, but it’s a very necessary fiction that enables us to operate effectively in the world. It may be weedy, but to split off from it (so-called spiritual bypassing) can be quite dysfunctional.

My first teacher, Suzuki Roshi, talked about the danger of “clinging to giving up ego-centered practice.” It’s important to notice when we are doing this as it may take many different forms, including emotional numbing/repression, over-emphasis on the positive, anger-phobia, and weakened boundaries. It also may include punitive self-talk. Unwittingly, we end up creating a spiritual super-ego. This spiritual super-ego piles one “should” on top of the other, which can stifle our joy of living.

Supposedly, when the historical Buddha became ill, his disciples said, “Buddha, please heal yourself.” Buddha answered, “People are getting too dependent on me. They’re acting like I’m a god. It’s time for me to go.” His final teaching to his followers was, “Become a lamp to yourself.”



To be a lamp to ourself, we have to be a lamp to our whole self. Often, we’re afraid of our base emotions because we want to be good. We try to compartmentalize our world, both our internal world and our external world. If we think something doesn’t support our practice, we push it away. When we split off from our emotions, we cut off from an essential part of ourselves. The more we open up to our entire being without denying or repressing, the more we realize we can shine our light of compassion and wisdom anywhere.

As Zen practitioners, rather than retreating into calmness, we discover calmness right in the center of our unpredictable life. What good is our practice if we can’t embrace a little chaos? Instead of trying so hard to be unattached, we can take the risk of opening our hearts to others, even though there’s always the possibility that we might get hurt.

Psychologists have known for years that the development of attachments with at least one or two adults is vitally crucial to healthy functioning in children, and also as we pass through the stages of adulthood. Psychologists also know that one of the best antidotes for anxiety or depression is developing and maintaining healthy heart connections with others. As long as the relationship is neither abusive nor co-dependent, we have an opportunity to experience deep and genuine intimacy. Sooner or later we may even experience what Dogen calls being “intimate with all life.”

MZMC Newsletters can also be found online at:  
<http://mnzencenter.org/newsletter.php>

**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:**

Ann Bauleke

Matt Cisler

Stacy Lee King

Mark Turbak

Bill Woywod

**Board Members:**

Rebekah Anderson

Janet Brown

Karen Davis

Paul Gilsdorf

Jim Niland

Mark Turbak

Wayne Moskowitz

Randy Wedin

## Greetings from the MZMC Board

Warm new-year greetings and good wishes as we move into 2018! We want to start the year by thanking our members and friends for all they do to sustain the Zen Center. We are here doing this practice together because of your generosity, your gifts of time and resources. Our programs continued to develop in new directions and include more practitioners. We are pleased to have met our financial needs for 2017 and are well on our way to our fulfilling membership pledge goals for 2018! Thank you to all who have pledged.

We hope you'll join us this year for some of the community events sponsored by the Board and membership committee. Our Annual Movie Night is coming up on February 2. We will be watching an engaging non-fiction film called "I Am." Director Tom Shadyac speaks with intellectual and spiritual leaders about the challenges of our contemporary world and how we can face them with courage and compassion. It will be a chance to enjoy an evening together and engage in conversation before and after the film. See details on page 4.

The MZMC Board meets on the third Sunday of every month from 11:30 to 1:30. The meetings are open to all, and you are welcome to attend. Our annual community meeting will be on Sunday, March 18, after the Sunday talk (10:00). Join us for a review of the past year and thoughts about the future.

## Upcoming Practice Opportunities

**Beginner's Mind Retreat**

February 3, 1 – 4 pm with Susan Nelson

**Zen Forms and Etiquette**

Friday, February 16, 5:15 – 6:30 pm with Daishin Rehorst

**Half-day Sesshin (Traditional Retreat)**

Saturday, February 17, 5:45 am – noon with Busshō Lahn

**Spring Practice Period (Intensified Study and Practice)**

Wednesday evenings, March 7 – April 25, 7:15 – 8:45 pm with Wanda Isle and Susan Nelson

**Sitting with Sutras: A Contemplative Afternoon**

Saturday, March 10, 12 – 3 pm with Susan Nelson

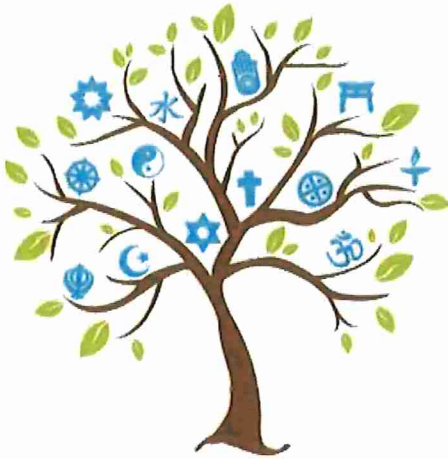
**March Weekend Sesshin with Ben Connelly**

Friday, March 23, at 7 pm through Sunday, March 25, at 4 pm

Hours for full day: 5:45 am – 9:00 pm

Please join us for one or more of these practice opportunities. To find out more about an activity or register for it, see the website <http://www.mnzencenter.org/> or contact the MZMC office [info@mnzencenter.org](mailto:info@mnzencenter.org)

## Explore Meditation in an Interreligious Context



You are invited to two different series of talks on meditation in an interreligious context. We'll discuss meditation in the Buddhist, Christian and Jewish traditions with local communities and their leaders. For the first set of talks, *Meditation in Action*, we partner with Plymouth Congregational Church and Adath Jeshurun Congregation.

In the second set of talks, *Opening up to Wisdom*, we will partner with Rabbi Marcia Zimmerman of Temple Israel. She and MZMC's Guiding Teacher Tim Burkett will talk about meditation in their respective traditions and then present a session together: *A Conversation Between a Zen Buddhist Priest and a Rabbi: Evoking the Wisdom of Ancient Masters*.

The mystics from each of these traditions teach us that we can tap into a core of oneness and experience a deep and timeless serenity at the bedrock of our existence. These conversations are an opportunity to expand our understanding and enrich our Zen practice.

### **Meditation in Action: An Interfaith Workshop**

February 11, March 4 and April 8, 2 pm – 4 pm  
\$20 for all 3 sessions; Register at <http://plymouth.org>

February 11, at Adath Jeshurun Congregation (10500 Hillside Lane West, Minnetonka), Hazzan Joanna Dulkan will present and teach about Jewish mindfulness meditation.

March 4, at Minnesota Zen Meditation Center, Guiding Teacher Tim Burkett explains the key features of Buddhist meditation and helps participants explore practices that form the core of Zen.

April 8, at Plymouth Congregational Church (1900 Nicollet Ave. S, Mpls.), Diane Boruff leads participants through Christian meditation history and practice.

### **Opening up to Wisdom: Zen Buddhism and Judaism**

Rabbi Marcia Zimmerman and Tim Burkett

3 Sunday sessions: January 28, February 11 and February 25, 9:15 am – 10:30 am

All sessions take place at Temple Israel.

January 28, Meditation with a Zen Buddhist Priest: Journey into a Timeless Stillness, Tim Burkett

February 11, Meditation Jewish Style: Learn and Deepen your Embrace of the Oneness of the World, Marcia Zimmerman

February 25, Conversation between a Zen Buddhist Priest and a Rabbi, Tim Burkett and Marcia Zimmerman

## Guest Teacher Pamela Ayo Yetunde

Sunday Morning Talk, February 4, at 10 am

Tuesday Evening Talk, February 6, at 7:30 pm

We welcome Pamela Ayo Yetunde to MZMC this February. Pamela is a Community Dharma Leader in the Insight Meditation tradition. She is the Director of Interreligious Chaplaincy at United Theological Seminary of the Twin Cities, and teaches pastoral/spiritual care and chaplaincy. Pamela will give the same talk on Sunday and Tuesday. All are welcome to attend. The talks are offered on a donation basis; you do not need to register in advance.



Pamela Ayo Yetunde

## Join us for Movie Night

Join us for a movie, food, and fun!

Friday, February 2, 7:30 pm

Spring House Ministry Ctr., 610 W. 28 St., Minneapolis

In addition to providing an evening for the community to enjoy, this is also intended to raise funds for the programs offered at MZMC. A \$10 donation is suggested, but any amount is welcome!

### More about the featured film *I Am*:

Armed with nothing but his innate curiosity and a small crew, Tom Shadyac set out on a twenty-first century quest for enlightenment. Meeting with a variety of thinkers and doers—remarkable men and women from the worlds of science, philosophy, academia, and faith. Watch a trailer for the film at <http://mnzencenter.org/movienight.php>

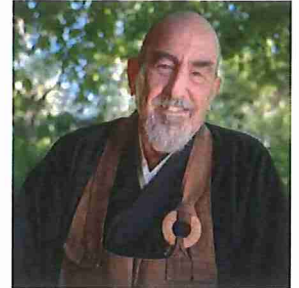
## Guest Teacher Alan Senauke

Save the date!

September 8, 2018

Hozan Alan Senauke

Vice-Abbot of the  
Berkeley Zen Center



We are pleased to welcome  
Hozan Alan Senauke to MZMC

this fall. Hozan brings a global perspective on socially-engaged Buddhism and Zen as a force for positive change. Since 1991 Alan has been a leader at Buddhist Peace Fellowship. More recently he has founded the Clear View Project, bringing Buddhist-based resources and support where it is needed around the world. Look for more details in the MZMC Spring Newsletter.



Minnesota Zen Meditation Center  
3343 East Calhoun Parkway  
Minneapolis, MN55408  
[mnzencenter.org](http://mnzencenter.org) • [info@mnzencenter.org](mailto:info@mnzencenter.org)  
612-822-5313

NONPROFIT ORG  
US POSTAGE PAID  
TWIN CITIES, MN  
PERMIT 30308

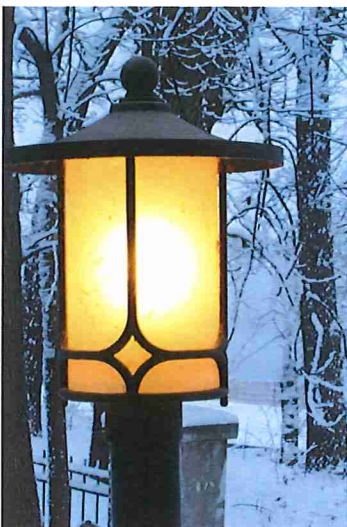


Photo by Karen Davis