

Zen Buddhism Class



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 the New Session of Zen Buddhism classes!!

Zen Meditation; Fundamental and Advanced Buddhism concepts		
NEW Level I	09/08 ~ 12/08/2010	Wed 7:30-9:30pm No prerequisites
Level II	09/13 ~ 12/06/2010	Mon 7:30-9:30pm Level I required
Level III (Sutra on Impermanence)	09/11 ~ 12/11/2010	Sat 4:00-6:00pm Level I & II required
Sutra Study (Surangama Sutra)	09/09 ~ 12/09/2010	Thu 7:30-9:30pm Level I & II required
A.W.E.S.O.M.E. Youth Class	09/18 ~ 12/11/2010	Sat 7:30-9:00pm 6 ~ 14 years & parents
Dharma Youth of Silicon Valley	09/10 ~ 12/10/2010	Fri 7:30-9:00pm High school & young adults

- ✿ Zen meditation, known as “Chan” in Chinese, flourished in China around 700 A.D., providing spiritual nourishment for countless people. Chung Tai Zen Center of Sunnyvale is from the traditional Chinese Linji lineage.
- ✿ Through Zen meditation, we can reach an understanding (enlightenment) of life’s difficult problems and thereby gain true wisdom and peace of mind. The key to enlightenment is by reflecting inward into our own minds and attaining unbiased perception of reality.
- ✿ Classes are taught by Ven. Jian-Hu, the abbot of Chung Tai Zen Center of Sunnyvale. Ven. Jian-Hu was born in Taiwan and practiced with the great Chinese Master Wei Chueh, with a Ph.D. from UCSD, he makes this ancient wisdom accessible to modern western society.

◆ ALL CLASSES IN ENGLISH

- ◆ All classes are **free** and open to the public. We are supported by your generous donations.
- ◆ **Dress code:** wear comfortable and yet modest attire. Optional meditation clothing may be obtained at the Zen Center.
- ◆ Please no smoking, alcohol or pets on the premises. ◆ Feel free to call for information or visit in person.

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DESCRIPTION OF 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 two hours, consisting of meditation practice in the first hour and a lecture on Buddhist teachings in the second hour.

No pre-requisite is required for Level I classes for adults and for children and youth classes. The advanced classes require completion of Level I or II.

Children and Youth Classes

A.W.E.S.O.M.E.

"Ancient Wisdom-Enhancing School of Mindfulness and Enlightenment" classes are designed for children/youth ages 6-14 to discover their inner wisdom and develop 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.



Silicon Valley Dharma Youth Group

A program especially designed for high school and college students. Participants meet weekly on Friday evenings to meditate, learn the principles of Buddhism and how to apply the wisdom in school, at home, with parents and siblings, among friends, etc. Small group discussion guided by Dharma Masters, fun activities, and social time are part of the program. Organized activities among participants further their understanding of Buddhism.

Level I, II, III Class & Sutra Class

Level I Class

Meditation methods :

Breath-counting, mindfulness of the breath, middle way reality (a Zen practice).

Topics covered: Introduction to Buddhism and Zen, karma and causality, the Four Noble Truths (suffering, the causes of suffering, nirvana, the Noble Eightfold Path), Three Refuges, Five Precepts.



Level II Class

Meditation methods :

Continuation of previous methods and compassion contemplation.

Topics covered : The bodhisattva ideal - the six paramitas: perfection of charity, morality, tolerance, diligence, meditation, and prajna wisdom.

Level III Class

The Sutra on Impermanence (無常經)

Description: The Sutra on Impermanence vividly describes the impermanent nature of life and awakens in us the will to cultivate the Way to Liberation.

SUTRA STUDY : Surangama Sutra (楞嚴經)

Surangama is one of the most revered and influential Buddhist scriptures in Chinese Buddhism. Beautifully translated into Chinese in the Tang Dynasty, this sutra has been used to verify one's correct understanding of the Dharma by Chinese Zen masters for ages.

However, it has a reputation for being a very difficult sutra. This year (2010), with a new, complete English translation, Westerners finally have a chance to experience the profound wisdom of Surangama. Ven. Jian Hu, Abbot of Sunnyside Zen Center, will select important sections for the Sutra Study class. Previous completion of Level I & Level II classes at the Zen Center are required.