



bluestone zen practice community

Buddhist Foundation Studies

Located at **Lake Superior Interfaith Community Church**

1414 East 9th Street, Duluth (Access through the walk-in basement door)

Each of the classes listed below will meet six Thursday evenings at 6:45pm to hear recorded lectures by Zen teachers followed by discussion. All are welcome to join Zen meditation at 6:00pm. Please plan to be in the meditation hall by 5:55pm if you'd like to join the meditation.

The Eightfold Noble Path

This course looks closely at the fourth Noble Truth of the Buddha and lays out a practical and effective way to deal with the world as we find it. It is the art of seeing — a way to peace and sanity that is total freedom of mind.

No Prerequisite

Instructor: Steve Hagen, via recorded lecture

Class dates: Thursdays, January 5 – February 9

Time: 6:45-8:00pm

Text: *Buddhism Plain and Simple* by Steve Hagen

Requested Donation: \$30

Dependent Arising and the Unlocatable Self

This course focuses on the two most profound, liberating, and unique teachings of the Buddha—the interdependence of all things and the emptiness of self. Presented here simply and clearly, these teachings are as vital today as they were 2,500 years ago.

Prerequisite: Either The Four Noble Truths or The Eightfold Noble Path

Please note: This course is a prerequisite for all advanced studies at Dharma Field.

Instructor: Steve Hagen, via recorded lecture

Class dates: Thursdays, February 23–March 29

Time: 6:45–8:00pm

Text: *Buddhism Plain and Simple* by Steve Hagen

Requested Donation: \$30

For more information on meditation times, courses, and lectures by visiting teachers, please visit www.bluestonezen.com or contact info@bluestonezen.com