**Topics introductory course**

1. Introduction and instructions meditation

and ‘homework’ (2X20 min)

1. Purposefully purposeless/personal goals
2. Concentration, awareness and distraction
3. Thinking and thoughts: bubbles and dots
4. Projection and selective perception
5. Breath Body and Mind
6. Evaluation and experiences so far
7. Rituals/ introduction ‘dokusan’
8. Hartsutra
9. Zen and happiness
10. Enlightenment
11. Zen and choices; revisiting personal goals

Spring break: April 30 – May 8

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