

Syllabus  
John Steffney, Instructor

## ZEN

ZEN: BRIEF INTRO

HISTORY OF ZEN

GOD

ORDINARY MIND

SUFFERING

FREEDOM

DUALISM

NO-MIND

NOTHINGESS

SHINICHI HISAMATSU

KKKKKKKKKKKKKKKKKKKKKKKKKKKKKKKKKK

FORMLESS SELF (Stambaugh)

TRUTH

ENLIGHTENMENT

NIRVANA/SAMSARA

10 STAGES OF ENLIGHTENMENT

THE TEN OXHERDING PICTURES

ETERNAL NOW

MEDITATION

DIRECT CONSCIOUSNESS

KOAN

LANGUAGE

REBIRTH (add DAHLI LAMA)

MORALITY

MEANING

DEATH

ZEN AND PSYCHOTHERAPY

HUMOR

SUMMATION

MINDFULNESS