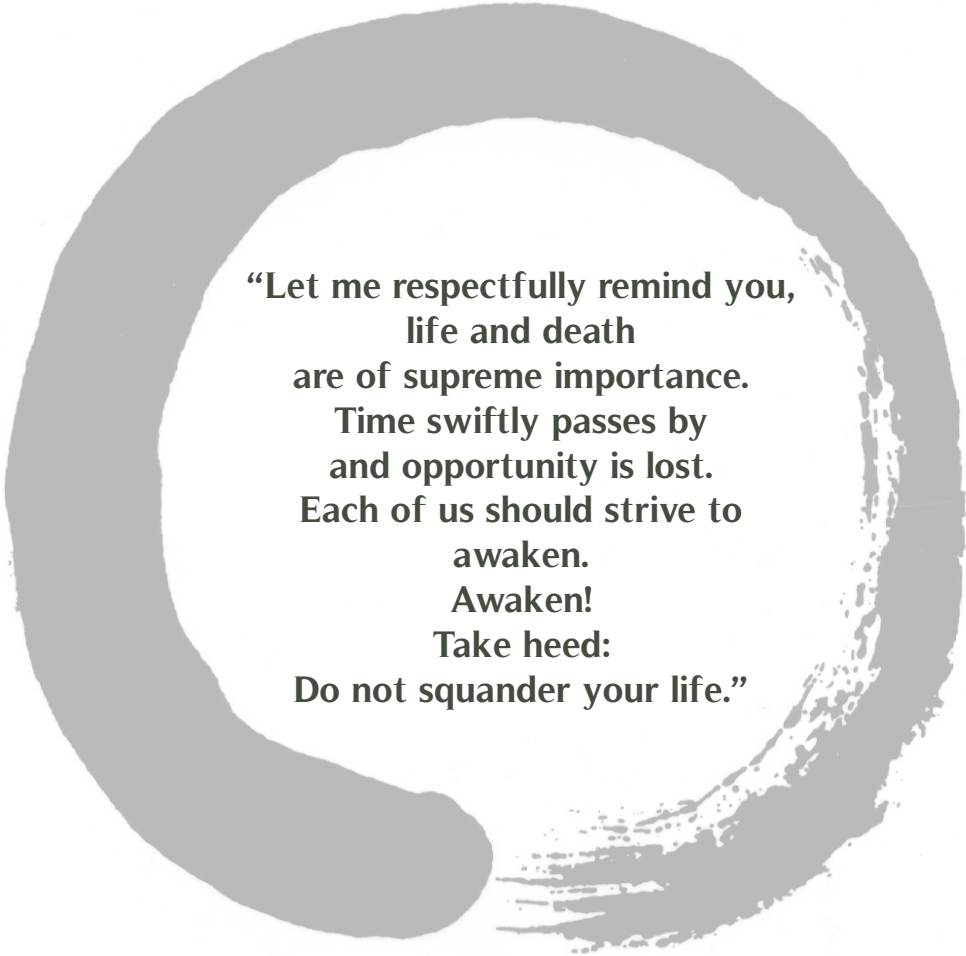


# **SPRING AWAKENING 2016**

**April 23, 2016  
Molloy College**



# PROGRAM



**“Let me respectfully remind you,  
life and death  
are of supreme importance.  
Time swiftly passes by  
and opportunity is lost.  
Each of us should strive to  
awaken.  
Awaken!  
Take heed:  
Do not squander your life.”**

- 8-9:30**      **Interfaith Zen**  
Teacher: Sensei Carl Viggiani  
[Multi-Purpose Room, Public Square]
- 9-9:50**      **Registration and Breakfast**  
[Lobby, Public Square]
- 10-10:50**    **Opening Address: “Sleepwalking”**  
Fr./Sensei Michael Holleran  
[Madison Theater, Public Square]
- 11-11:50**    **Session 1**
- 12-12:50**    **Session 2**
- 1-1:50**      **Lunch**  
[Anselma Room, Kellenberg Hall]
- 2-2:50**      **Session 3**
- 3-4:30**      **Keynote Address: “What Are You Going to  
Do With Your Awakening?”**  
Brad Warner  
[Madison Theater, Public Square]

# SESSION 1

11am-11:50am

- Ho20**    **Student Forum\***  
**“What’s Love Got to Do With It”**  
JoAnn Miller
- Ho3**     **“Tibetan Buddhism on Life Before and After Death”**  
Dr. Michael P. Russo
- Ho4**     **“Mindfulness and Intimacy”**  
D. Kengaku Zezulinski
- H339**    **“Meditation on the Nature of Mind (Mahamudra)”**  
Bob Rice
- MPR**    **Meditation Session\*\***  
**“Taking and Giving Meditation (Tonglen)”**  
Holly McGregor

# SESSION 2

12pm-12:50pm

- Ho20**    **“Falling in Love with Mother Earth: Zen and Ecology”**  
Margaret Galiardi, OP
- Ho3**     **“Keeping It Real: Teaching Zazen to Incarcerated Minors on Long Island”**  
Michel Engu Dobbs
- Ho4**     **Student Forum\***  
**“Mindful Caring: Minding Ourselves and Others”**  
[Recommended for Nursing Majors & Those in the Caring Professions]  
Claire Durkin, RN
- H339**    **“Meditation on Equanimity”**  
Kerrin Perniciaro
- MPR**    **Meditation Session\*\***  
**Awareness of the Body: A Door to Awakening**  
Dr. Donald Cornelius

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\* Student Forums: These sessions have been developed specifically with university students in mind. They are, however, open to all interested participants.

\*\* Meditation Sessions: These sessions are focused on meditative practices from across traditions, designed to foster awakening.

## SESSION 3

## SPEAKERS

2pm-2:50pm

- Ho20**     **“The Buddhist Humanism of Soka Gakkai”**  
Richard Yoshimachi & Dr. Connie Lasher
- Ho3**       **Student Forum\***  
**“I’m With Her Jake. She’s Real.”**  
**Views, Blindness and the End of Suffering**  
Neil Smith
- Ho4**       **“Training in Self-Compassion”**  
Brian Larkin
- H339**      **“Sombodiness”**  
Dr. John Yanovitch
- MPR**       **Meditation Session\*\***  
**“Centering Prayer: A Path to the Indwelling Spirit in Contemplative Silence”**  
Marie Danaher, OP

**Dr. Don Cornelius** is Professor Emeritus of Social Work at Molloy College. Mindfulness meditation and the teachings of the Buddha in the Pali Cannon are the focus of his study and practice. In 2010 he completed an intensive course of Dharma study at the Barre Center for Buddhist Studies in Barre, MA.

**Marie Danaher, O.P.** is a Sister of St. Dominic of Amityville, N.Y. She is a certified spiritual director and has training in the Ignatian Spiritual Exercises, Christian Zen Practice and Christian Centering Prayer. She recently served as pastoral associate for spirituality and social justice in Sacred Heart Parish, North Merrick, N.Y. In addition to her spiritual direction ministry, Sister Marie conducts retreats and days of reflection on various topics. She is passionate about the power of inter-faith contemplative prayer for the healing of the world.

**Michel Engu Dobbs** is a Zen priest and Dharma heir of Peter Muryo Matthiesen Roshi and a co-teacher at the Ocean Zendo. He has alleged connections with Roshi Bernie Glassman’s Order of Disorder, and is a member of the White Plum Asanga. A husband and father of three children, Engu has been a baker and bakery manager for over twenty years. He began practicing Zen with the late Kyudo Nakagawa Roshi in 1992 and began study with Muryo Roshi in 1994. He was ordained in 2001 and received Dharma transmission in 2005.

**Claire Durkin, RN, MSN, CS, NPP** has been practicing meditation and especially Zen meditation for many years. As she has found her meditation practice to be key to compassionately caring and serving others without burning out, she integrates mindfulness skills and meditation practice in her work as a psychiatric nurse practitioner. Both patient and clinician benefit from mindfulness techniques and meditation.

**Margaret Galiardi, O.P.**, is a Dominican sister from Amityville, New York, whose passion is the contemplative integration of justice and peace for people and planet. She is a “lover of the wild,” spiritual director and workshop and retreat leader who has lectured nationally on the New Cosmology and the Christian Story. She spent a year living with the Trappistine monks in their monastery on the Lost Coast of Northern California in the Redwood Forest and is a regular practitioner of the Inisfada Sangha.

**Fr./Sensei Michael K. Holleran** was raised on Long Island, and trained by the Jesuits (Regis High, Fordham College). He was a Jesuit himself for five years, and then a Carthusian contemplative monk for 22 years, in the US, France & England. Since 1994, he has served as a parish priest in Manhattan & the Bronx, and is now a priest of the Archdiocese of New York. In 2009, he also received Dharma transmission as a Sensei in the Zen tradition through his mentor, Roshi Robert E. Kennedy, SJ, and runs Dragon’s Eye Zendo in Manhattan. (Cf. [www.michaelkholleran.org](http://www.michaelkholleran.org)).

**Brian Larkin**, a Dharma practitioner for close to 10 years, is the facilitator of the South Ocean Sangha, a lay-led, Buddhist meditation group that meets at the South Nassau Unitarian Universalist Congregation in Freeport, New York. A lawyer, he lives in North Merrick.

**Dr. Connie Lasher** is a systematic theologian whose research focuses on religious dimensions of the human relation to nature. Since 2010, her comparative theological studies have focused on interreligious dialogue in Japan, exploring Buddhist and Christian models of humanistic education in relation to ecological identity.

**Holly McGregor** is the Resident Teacher at Dipamkara Meditation Center. She has been studying and practising Kadampa Buddhism for over 20 years and is a close disciple of Geshe Kelsang Gyatso. Prior to becoming a Dharma teacher, she worked in film and in alternative medicine in New York City.

**JoAnn Miller** is a long time Zen student of Robert Kennedy, Roshi, serving as Co-Head Monk of the Inisfada Sangha of Long Island. She is currently co-teaching a course on Buddhism with Dr. Mike Russo at Molloy College and teaches meditation to children and parents in Sea Cliff's Family Mindfulness Group. Early on, she asked her root teacher, "Where is the love in this?" (for what else would we be awakening to?). She gradually learned such questions are never asked...and why.

**Kerrin Perniciaro** teaches the teen meditation class at Dipamkara Meditation Center in Huntington on Sunday mornings. She has been practicing Kadampa Buddhism since 2010. Her day job is Manager of IT Communications and Web Strategy at Stony Brook University.

**Bob Rice** has been practicing meditation for over 25 years and teaching at Dipamkara Meditation Center since 2002. Bob works in technology and lives in Huntington with his wife and son who also practice and teach.

**Dr. Michael Phillip Russo** currently teaches philosophy at Molloy College and LIU Post. His philosophical work and practice are rooted in the traditions of Ancient Greek philosophy and Buddhism. In 2009 he completed his doctoral dissertation at the University of Maryland entitled, "Action, Perception, and the Living Body: Aristotle on the Physiological Foundations of Moral Psychology."

**Dr. Michael S. Russo** is a Professor of Philosophy at Molloy College whose teaching and research is focused on the problem of happiness (*eudaimonia*) in both Western and Eastern thought. He is also the publisher of SophiaOmni Press ([sophiaomni.org](http://sophiaomni.org)) and the director of the Sophia Project ([sophia-project.org](http://sophia-project.org)), a free online resource in philosophy.

**Neil Smith** – Practitioner and artist | London born, American citizen | Director of Photography for motion pictures.

**Carl Viggiani** began formal study of Zen Buddhism with the Japanese Teacher Eido Roshi in 1987, later moving to Dai Bosatsu Zendo, Eido Roshi's monastery in the Catskills, where he lived and practiced until 1993. He continued with Daido Looi Roshi at Zen Mountain Monastery, and with Roshi Robert Kennedy at Morning Star Zendo in Jersey City. In 2013, Roshi Kennedy installed Carl as a Zen Sensei.

**Brad Warner** is the author of the books *Don't Be a Jerk*, *Hardcore Zen*, and *Sit Down and Shut Up*, along with several others. He was ordained by Gudo Nishijima in the Soto lineage of Zen Buddhism in 1999. He spent his childhood in the suburbs of Akron, Ohio and the outskirts of Nairobi, Kenya. He has practiced Zen for over 30 years, beginning when he was a student at Kent State University. He's the bass player for the hardcore punk rock group Zero Defex. For 11 years he lived in Japan where he worked for the company founded by the man who created Godzilla. He has appeared in several films including *Zombie Bounty Hunter M.D.* and the documentary about him, *Brad Warner's Hardcore Zen*.

**Dr. John Yanovitch** is an Associate Professor of Philosophy at Molloy College and has been teaching Zen for almost 40 years both at Molloy and throughout the Long Island region. He is currently working on putting together a collection of his Zen poetry that will be published through Ars Omnia Press.

**Richard Yoshimachi** is President and Executive Director of the Ikeda Center for Peace, Learning, and Dialogue, located in Cambridge, Massachusetts. Prior to joining the Center in 2009, he served as director of the Soka Gakkai International Washington DC Culture Center. From 1998-2003, Richard was the executive director of Linus Pauling and the Twentieth Century, a traveling exhibition celebrating the Nobel Prize-winning scientist and peace activist. He is a member of the first graduating class of Soka University Tokyo.

**D. Kengaku Zezulinski** is the Abbot of the Clear Mountain Zen Center and a native Long Islander who has been practicing Zen Buddhism and zazen meditation for 25 years with an established teacher. The introduction to this teacher came as a result of not having anything better to do one evening when invited by a friend to 'go meditate!' Since that initial introduction to Zen, Kengaku has taken three lay vows to become a lay monk. He has created and taught a structured and comprehensive beginner's class and a sutra class, and has spoken at various interfaith forums on Long Island and Manhattan. He has led zazen training classes at martial art schools from Port Jefferson to Bushwick Brooklyn, and continues to do so in Huntington. His first public lecture was included in the book, "Don't Dare Call Me Zen Master," a self-published collection of Zen lectures by his teacher, Kendo Rich Hart, Abbot Emeritus of the Clear Mountain Zen Center. Kengaku has also self-published two editions of an informative beginner pamphlet titled "An Introduction to Zen Buddhism." An avid writer, he has authored spiritually centered articles and poems that have been published in various periodicals. Through social outreach, he continues to support and encourage the courageous folks from all spiritualities, as they engage in the noble act of bringing an end to suffering.

# STAY AWAKE!

We gratefully acknowledge the following Buddhist communities on Long Island that have contributed to making Spring Awakening 2016 a reality. Each of these communities offers regular group meditation open to members of the general public:

**Clear Mountain Zen Center** is a place to practice Zen Buddhism in a supportive and caring environment. The Zen Center offers introductory courses for those interested in exploring Zen Buddhism, as well as full practice support, activities, and ceremonies for members. For more information about our Sangha go to our website at [cmzc.org](http://cmzc.org) or email us at [clearmountainstillwater@gmail.com](mailto:clearmountainstillwater@gmail.com)

**Dipamkara Meditation Center** organizes weekly meditation classes at five venues on Long Island, weekend courses and meditation retreats suitable for all levels of experience. For more information, see our website at [www.meditationonlongisland.org](http://www.meditationonlongisland.org) or call 631-549-1000.

The **Inisfada Zendo** offers sitting meditation in the Zen tradition on both the north and south shores of Long Island. We warmly invite you to discover for yourself what Zen meditation has to offer by joining us in our practice. For more information, see our website at [in-zen.org](http://in-zen.org).

**Ocean Zendo** is the sangha of the late Peter Muryo Matthiessen Roshi. We are a Zen Peacemaker Order Training Center. We meet at the Unitarian Universalist Meeting House, at 977 Bridgehampton Turnpike, Bridgehampton, NY. Our schedule is: Monday evenings from 5pm to 7pm; Wednesday mornings from 8am to 9am; Saturday mornings from 8am to 1030am. Our Facebook group is "Ocean Zendo." For more information email [lizdobbs@msn.com](mailto:lizdobbs@msn.com).

**The South Ocean Sangha** is a small, lay-led meditation group that meets Saturday mornings at 9 a.m. at the South Nassau Unitarian Universalist Congregation, 228 South Ocean Avenue, Freeport New York. Inspired by Buddhist teachings across traditions, we are an informal group that gathers to support each other and to share the benefits of group practice. For more information please contact Brian Larkin ([bolarkin@optonline.net](mailto:bolarkin@optonline.net)).

We would also like to express our grateful appreciation to the **Dominican Sisters of Amityville, Long Island** ([www.amityvilleop.org](http://www.amityvilleop.org)) and the **Ikeda Center for Peace, Learning, and Dialogue** ([www.ikedacenter.org](http://www.ikedacenter.org)) for their contributions to this program.

It is said that soon after his enlightenment the Buddha passed a man on the road who was struck by the Buddha's extraordinary radiance and peaceful presence.

The man stopped and asked, "My friend, what are you? Are you a celestial being or a God?"

"No" said the Buddha.

"Well then, are you some kind of magician or wizard?"

Again the Buddha answered, "No".

"Are you a man?" "No".

"Well my friend, then what are you?"

The Buddha replied, "I am awake".





**Spring Awakening 2016  
Department of Philosophy  
Molloy College  
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Rockville Centre, NY 11571-5002**