

The Lotus in Jazz: Experiential Sessions in Jazz and Zen

To study Zen is to study the self. To study the self is to forget the self. To forget the self is to be one with all things. Dogen Zenji

When you quiet your mind, you can enter a world of clarity, peace and understanding. Alice Coltrane

Great doubt will eventually lead to great awakening. Manhae.

There are no wrong notes in jazz. Miles Davis

Jazz and Zen Buddhism each arose from disparate cultures as practices rooted in both discipline and spontaneity to liberate the mind from habitual, conditioned ways of being in the world. Both of these vital methods cultivate spontaneity, authenticity, and presence to transform how the practitioner lives in the world. Each experiential session will include key concepts, guided meditations, musical exercises, and resources for participants to deepen their paths in these venerable arts.

- *Session 1: Mindfulness:* We will discuss the power of being present and paying attention.
- *Session 2: Attachments:* We will examine what gets us stuck in habitual patterns.
- *Session 3: Transformation:* We will explore concepts such as happiness, gratitude, and purpose.

Dates and Time: Webinar classes are on three Tuesday evenings: December 1st, 8th and 15th, 2020. All classes are online, from 7:00-8:30PM CST.

⇒ **Questions:** Email Paul Klemperer: pkсахq@gmail.com

⇒ **How to enroll:** Email Dr. Zuniga: david@drdavidzuniga.com. Spaces are limited.

Details: The suggested price for three sessions is \$75; sliding scale spots are available. 50% of the fees for these classes will help to pay for Zen teacher Carlene South's cancer treatment and related medical bills (<https://www.gofundme.com/f/carlene039s-cancer-fight>). The other 50% of fees will support Paul Klemperer's non-profit educational work in the community. You can pay for the sessions at David@drdavidzuniga.com via PayPal or Venmo.

About Rev. Dr. David Zuniga: Dr. Zuniga is a licensed psychologist in private practice. Previously he earned a masters degree in Buddhist studies from Harvard and was ordained as a Zen Buddhist priest in South Korea. Before becoming a clinical psychologist he worked as a Zen chaplain in end-of-life care for over a decade: www.drdavidzuniga.com.

About Paul Klemperer: Paul Klemperer has been playing and teaching music professionally for over 30 years. He leads several bands in Austin, Texas. Mr. Klemperer combines a background of sociology, ethnomusicology, performance and travel. He uses various media, stage shows, lectures, classes, essays, and stories to entertain and inform: <http://pkсах.com>.