



# awakening of the heart

A SERIES OF COURSES IN THE ESSENTIAL BUDDHIST SUTRAS

with Dharma Teacher Jim Scott-Behrends

2020 – 2021

*These sutras will shine light on the essence of living  
in an awakened way as taught by the Buddha.  
In them you will discover the true nature of all  
that is taking place in the present moment.*

**Thich Nhat Hanh**

## COURSE ONE

the sutra on the  
full awareness  
of breathing

June 3, 2020  
7 – 8:30 PM

## ON ZOOM

Jim Scott-Behrends will teach this 8-week course with Co-Host Zachiah Murray (Order of Interbeing Member). Our ZOOM class will begin with ten minutes of silent sitting followed by an exploration of the sutra and Dharma discussion. This sutra provides the basic path into the heart of the Buddha's teaching.

Time: June 3, 2020, 7:00 PM PST

Zoom: <https://cccconfer.zoom.us/j/91826823703?pwd=MENFMWdVeFVRT2xxK04zdWg0WkVoUT09>

Phone: 1 669 900-6833

Meeting ID: 918 2682 3703

Password: with a bow

Donations are Appreciated

Donation Options

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**Sponsored by the Heart Sangha and Mindful Peacebuilding**