

Sunday afternoons at the Zen Centre

three conversations about Zen and life

1

Sunday, September 07

Zen, Life and Death

adapting to life changes

Anna Towers is the Director of the Palliative Care Division, McGill University. A family physician by training, she has been practicing for over 30 years. For the past 15 years, Dr. Towers has focused her practice on the care of advanced cancer patients and their families, from whom she has learned a lot about living. She has an academic interest in communication around chronic life-threatening illness and on adaptation to life change. Dr. Towers will dialogue with Myokyo, Zen monk, about education throughout our lives about the death part of the life cycle. .



2

Sunday, September 14

Zen, the Brain and Pain

research with Zen practitioners

Joshua Grant is a doctoral student in neurological sciences at the Université de Montréal studying the cognitive basis of pain. He was attracted to meditation and generally to the 'mind' from an early age and has practiced meditation for over 20 years. In 1998, Josh returned to school with the intention of scientifically studying the effect of meditation on the brain/mind. Josh will discuss the research he has been involved in, which was made possible with the support of many of the practitioners at Centre Zen. This research uses cutting-edge brain imaging techniques to look at differences in the perception of pain between meditators and non-meditators.



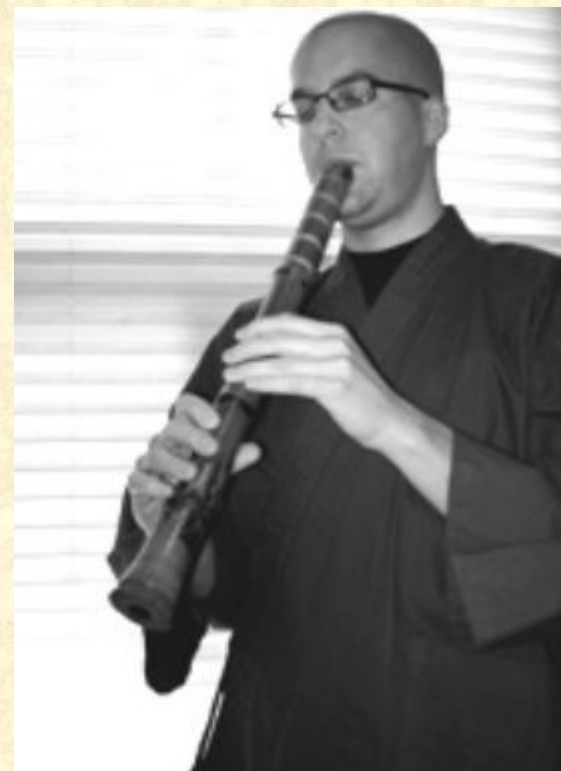
3

Sunday, September 21

Zen and the Japanese bamboo flute

discipline and shakuhachi

Sean Riley, a beginning practitioner at Centre Zen de la Main, will speak of his experiences in discovering the shakuhachi in the past four years, and will talk about the relationship between Zen and the various aspects of shakuhachi playing, including the connection between 'ma' (spacing or rhythm) and breathing in zazen (Zen meditation). Sean will perform a selection of shakuhachi pieces that he has been working on for some time.



Suggested donation: \$10/\$5-students/retired
Location: Enpuku-ji/Centre Zen de la Main, 30,
rue Vallières, Montreal - [Googlemap](#)

Space is limited – please email czenmain@dsuper.net to reserve a seat. If you would like to receive an invitation via Facebook and are not yet a friend of the Zen Centre, please send an email message with your profile name.

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