

**THE BUDDHIST COUNCIL OF NEW YORK** is an association of Buddhist Temples and organizations whose mission is to foster dialogue, cooperation and unity within the Buddhist Community in the New York area. Individuals and Buddhist temples & meditation centers are welcome to join BCNY!  
[www.buddhistcouncilny.org/](http://www.buddhistcouncilny.org/)  
[info@buddhistcouncilny.org](mailto:info@buddhistcouncilny.org)

# MEDITATE NYC

Sunday, September 28, 2014, 3 - 7 PM  
NYU Center for Spiritual Life

**The Mindfulness Project at NYU** provides opportunities for students to learn meditative practices, build community, and explore life's most fundamental questions. All are welcome.

**NYU Office of Global Spiritual Life**  
238 Thompson Street, Fourth Floor  
[www.nyu.edu/spiritual.life](http://www.nyu.edu/spiritual.life)



*Find the Meditation Practice  
That is Right For You*

Followed by meditation center open houses all over NYC



**MEDITATE NYC** is sponsored by  
**The Buddhist Council of New York** and  
co-sponsored by **NYU Center for Spiritual Life**

**Buddhist Council of New York**  
**NYUCenterForSpiritualLife**

# Meditate NYC 2014 Program

- 3:00 Opening and Introductions by MC's:  
Rev. Doyeon Park, Won Buddhism of Manhattan  
Rev. Qalvy Grainzvolt, Shinnyo Buddhism
- 3:20 Paul Majchrzyk, Chogye International
- 3:40 Ven. Khenpo Pema Wangdak, Palden Sakya Centers
- 4:00 Jonathan Bradley, Diamond Way Buddhist Center NYC
- 4:20 Joshua Bee Alafia, New York Insight
- 4:40 Intermission
- 5:00 Ven. Chang Wen, Dharma Drum Mountain
- 5:20 Lani Feinberg-Rowe & Lawrence Grecco, Interdependence Project
- 5:40 Ven. Phrahanchai Laepong, Dhammakaya Temple
- 6:00 Alex Lamas, Kwan's Kung Fu
- 6:20 Robert Kaku Gunn, Village Zendo
- 6:40 Closing words and Chant  
Ven. T.K Nakagaki, President, Buddhist Council of NY

## Thursday, October 2

- 6:30 - 8 pm **Chogye International Zen Center** [www.chogyezencenter.org](http://www.chogyezencenter.org)  
400 East 14th Street, #2D · info@chogyezencenter.org  
(please arrive 5-10 minutes before start time)
- 6:30 - 7:40 pm **Won Buddhism of Manhattan** [www.nyc.wonbuddhism.org](http://www.nyc.wonbuddhism.org)  
431 East 57th St. NY, NY 10022 · nyc@wonbuddhism.org

## Sunday, October 5

- 9 am - 5 pm **Chuang Yen Monastery** (Sept 29 - Oct.5)  
2020 Route 301, Carmel, NY 10512 [www.baus.org](http://www.baus.org)
- 10 am - 4 pm **Chan Meditation Center** <http://chancenter.org>  
90-56 Corona Ave. Elmhurst, NY 11373  
chancenter@gmail.com
- 11 am - 12:20 pm **Won Buddhism of Manhattan** [www.nyc.wonbuddhism.org](http://www.nyc.wonbuddhism.org)  
431 East 57th St. NY, NY 10022 · nyc@wonbuddhism.org
- 3:00 - 5:00 pm **The Interdependence Project** [www.theidproject.org](http://www.theidproject.org)  
302 Bowery, between Houston & First Street

## Tuesday, October 7

- 6:30 pm **Still Mind Zendo** [www.stillmindzendo.org](http://www.stillmindzendo.org)  
37 W. 17th St. (Between 5th & 6th)



## Monday, September 29

- 9 am - 5 pm **Chuang Yen Monastery** (Sept 29 - Oct.5)  
2020 Route 301, Carmel, NY 10512 [www.baus.org](http://www.baus.org)
- 6:30 - 8:30 pm **Village Zendo** [www.villagezendo.org](http://www.villagezendo.org)  
588 Broadway, Suite 1108, NY · [signup@villagezendo.org](mailto:signup@villagezendo.org)
- 7:00 - 9:00 pm **Vikramasila Foundation/Palden Sakya Centers**  
4 W. 101 St., #63, New York, NY 10025  
[www.vikramasila.org](http://www.vikramasila.org) · [paldensakya@vikramasila.org](mailto:paldensakya@vikramasila.org)
- 7:00 - 8:00 pm **The Mindfulness Project at NYU** [www.nyu.edu/spiritual.life](http://www.nyu.edu/spiritual.life)  
238 Thompson St. 4th floor, Room 461

## Tuesday, September 30

- 5:45 - 6:30 pm **Shinnyo-en Buddhism** [www.shinnyo-ny.org/about/](http://www.shinnyo-ny.org/about/)  
19 West 36th St. New York, NY 10018
- 6:30 - 8:00 pm **ChoGyeSa Temple** [www.nychogyesa.org/](http://www.nychogyesa.org/)  
42 W. 96th street · [nychogyesa@gmail.com](mailto:nychogyesa@gmail.com)
- 7:00 - 8:30 pm **Temple of Enlightenment** [www.baus.org](http://www.baus.org)  
3070 Albany Crescent, Bronx, NY 10463
- 7:00 - 8:00 pm **The Mindfulness Project at NYU** [www.nyu.edu/spiritual.life](http://www.nyu.edu/spiritual.life)  
238 Thompson St. 4th floor, Room 461
- 7:00 - 9:00 pm **New York Insight Meditation Center** [www.nyimc.org](http://www.nyimc.org)  
28 West 27th Street, 10th Floor · [info@nyimc.org](mailto:info@nyimc.org)
- 7:00 - 9:00 pm **Shambhala Meditation Center of NY** [www.ny.shambhala.org](http://www.ny.shambhala.org)  
118 West 22nd Street, 6th Floor, New York, NY 10011

## Wednesday, October 1

- 9 am - 5 pm **Chuang Yen Monastery** (Sept 29 - Oct.5)  
2020 Route 301, Carmel, NY 10512 [www.baus.org](http://www.baus.org)
- 6:30 - 7:40 pm **Won Buddhism of Manhattan** [www.nyc.wonbuddhism.org](http://www.nyc.wonbuddhism.org)  
431 East 57th St. NY, NY 10022 · [nyc@wonbuddhism.org](mailto:nyc@wonbuddhism.org)
- 8:00 pm **Diamond Way Buddhist Center** [www.diamondway.org/ny/](http://www.diamondway.org/ny/)  
114 E 28th St #1, New York, NY 10016

**Paul Majchrzyk JDPSN** is the abbot of the Chogye International Zen Center of New York, which is part of the Kwan Um School of Zen, an international network of over 100 Zen centers in 20 countries founded by Zen Master Seung Sahn. Paul began practicing Zen in 1991 with Zen Master Wu Kwang, and received inka in April, 2009. A former classical/flamenco guitarist with an MA in music, Paul was a Fulbright-Hayes Scholar and toured internationally with the Jose Greco Company of Spanish Dance for 10 concert seasons. He now works in the publishing industry, and lives in New York with his wife and children.

**Khenpo Pema Wangdak**, In 1982, he was sent to the West by His Holiness Sakya Trizin, as the first of the younger generation of Tibetan teachers in America from the Sakya School. In 1989 Lama Pema founded the Vikramasila Foundation. The Foundation encompasses the Palden Sakya Centers in New York City, Woodstock, NY, Philmont, NY, Englewood, NJ, Springfield, VT, Portland, ME, and Dayton OH. The Palden Sakya Centers offer courses in Tibetan Buddhist studies and meditation. Lama Pema is the creator of "Bur Yig"--Tibetan Braille, and the founder of Pema Ts'al (English for Lotus Grove) Schools in Mundgod, India (for Tibetan lay children); Pokara, Nepal (monastic schools for boys); and Pema Ts'al School in New York City, with a curriculum modeled on that of Sakya College, India. Khenpo Pema was recognized with the title of "Khenpo" by His Holiness Sakya Trizin in 2007. He received the distinguished "Ellis Island Medal of Honor" award by the National Ethical Coalition of Organizations in May, 2009 at Ellis Island for his humanitarian work around the world. Lama Pema is the first Tibetan ever to have received such an award. Khenpo Pema, who has been guiding Western students for over 30 years, and he continues to travel and teach extensively to Dharma centers around the world.

**Jonathan Bradley** has been a student of Lama Ole Nydahl since 1997. He is the Co-executive Editor of Buddhism Today Magazine and the President of the New York Diamond Way Buddhist Center. Asked to teach by Lama Ole, Jonathan travels within the network of over 600 Diamond Way Buddhist Centers worldwide. Jonathan has participated in numerous group and solitary meditation retreats and received many teachings and empowerments from significant lamas in the Karma Kagyu lineage, including HH the 17th Karmapa Trinley Thaye Dorje and Kunzing Shamar Rinpoche. Jonathan has spoken about Buddhism at NYU and Columbia University, and has authored several articles about Buddhism, and is sometimes quoted in the press. Originally from Vermont, Jonathan came to NYC in 1992 to study theater at NYU's Tisch School of the Arts from which he holds a BFA. He lives with his wife Liz in Queens and works for a major arts organization in NYC and is currently pursuing an MBA.

# Teachers

**Joshua Bee Alafia** graduated from UC Santa Cruz in 1995 with a BA in Theatre Arts/Film. He currently is a filmmaker and has worked as a teaching artist teaching film, capoeira, tai chi and mindfulness practice. He is a graduate of the Community Dharma Leaders training through Spirit Rock Meditation Center. He currently teaches at New York Insight Meditation Center and leads the Brooklyn People of Color and Allies Meditation bimonthly sit.

**Ven. Chang Wen**, A native New Yorker and current Director of the Dharma Drum Retreat Center, Chang Wen Fashi is a western monastic disciple of Chan Master Sheng Yen. After his ordination as a novice in 2004, he lived at the Dharma Drum Mountain World Center for Buddhist Education, Taiwan, and received a monastic education at the Dharma Drum Sangha University. After graduating from the University, he received full ordination in 2006, and then continued to serve as the counselor for the male students of the Chan Meditation Studies Department. Over this period of training, he attended and assisted with numerous intensive meditation retreats in the Chan Hall and abroad, as well as served as the leader for DDM's International Meditation Group in Taipei. Chang Wen Fashi holds a Bachelor's Degree of Science from the SUNY College of Environmental Science and Forestry. He is fluent in both English and Mandarin.

**Lani Rowe** holds a Ph.D. in Political Science from Yale University and was the founding student coordinator of the MacMillan Center Initiative on Religion, Politics and Society. Her dissertation was entitled Love and War in the Writings of St. Augustine. She is currently a business and technology consultant for non-profits and is a teacher and board member at The Interdependence Project. A dedicated yoga practitioner and athlete who can often be found experimenting in music composition and oil painting, Lani is committed to embodied and artful mindfulness/awareness training.

**Ven. Lawrence Do'an Grecco** is an authorized Zen teacher and Buddhist monk. He was ordained in the Korean Zen tradition as represented by the Five Mountain Zen Order as well as the Vietnamese lineage of Ven. Dr. Thich Thien-An. In 2012 he received inka from Wonji Dharma, his teacher and the founder of Five Mountain Zen. In addition, Lawrence received authorization as a dharma teacher from the Interdependence Project where he now serves as a senior teacher. He was a counselor with the Long Island Crisis Center for close to a decade. In conjunction with the Lineage Project, he taught meditation to at-risk and incarcerated teenagers. He is the founder and guiding teacher of Open Sky Zen which meets regularly in Manhattan. Lawrence writes for The Interdependence Project and Open Sky Zen, and currently works with individuals and couples as a life coach and wedding officiant. He can be reached at [lawrence@theidproject.org](mailto:lawrence@theidproject.org)

**Venerable Hanchai Laepong** is currently Abbot of Dhammakaya International Meditation Center of New Jersey and has served in this capacity for the past ten years. He was ordained as a Buddhist Theravada monk in 1987. He has been teaching Buddhist studies and Dhammakaya meditation; led ordination programs for adults and youths both in the United States and in Thailand. He has lectured and led meditation retreats in California, Texas, Washington, D.C., Seattle, Boston, New Jersey and New York City. He has also led many peace projects, including the Peace Revolution, V-Star Initiative and World Peace Ethics Contest. "World Peace cannot occur through one person. It comes from the thoughts of all beings, excluding no one."

**Alex Lamas**, Since the age of 12 Alex Lamas has been involved with the martial arts. In 1996 he enrolled in the Fu Jow Pai system of Kung Fu under Master Shue Yiu Kwan and in 2001 became an instructor at Kwan's Kung Fu. For the past 16 years Alex has also been studying Tai Chi, that He continues to develop under his teachers Master Kwan and Grand Master Wai Hong of Fu Jow Pai. As a Kung Fu and Tai Chi Instructor, Alex has brought his program to many schools, campuses and also teaches Tai Chi to autistic populations. He has been a practicing Buddhist who took refuge under Ven. Dhamadipa, Abbott of Chuang Yen Monastery in Carmel, NY. Alex Lamas has been studying meditation for 17 years and is an official tour guide at Chuang Yen Monastery.

**The Rev. Robert Kaku Gunn**, Ph.D., is a Soto Zen Buddhist priest at the Village Zendo in New York, under Roshi Enkyo O'Hara. He has practiced Zen for over twenty years. He is a psychotherapist and Christian pastor as well, and engages in interreligious dialogue and the dialogue between psychology and religion. He is a Lecturer at Union Theological Seminary in Psychiatry & Religion, and adjunct faculty at New York Theological Seminary and the Metropolitan Institute of Psychoanalysis. He is the author of *Journeys into Emptiness: Dōgen, Merton and Jung and the Quest for Transformation*.

**Rev. Dr. T. Kenjitsu Nakagaki**, D. Min. is a Buddhist priest, ordained in the 750-year-old Jodoshinshu tradition of Japanese Buddhism. He is President of the Buddhist Council of New York, a Vice President of The Interfaith Center of New York, Clergy-on-Call for Columbia University, Community Clergy Liaison for the NYC Police Dept., and Religious Advisor to the Japanese-American Lions Club.

**Reverend Qalvy Grainzvolt** is the youngest ordained Shinnyo-en Buddhist minister in North America. He currently serves as a U.N. and interfaith representative for Shinnyo-en, and he is the newly appointed assistant secretary of Religions for Peace USA. He is a native New Yorker; becoming a member of the clergy in 2002 and ordained in 2010, currently serving as a dharma teacher and meditation guide.