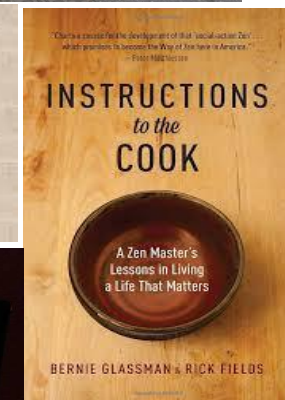


January 17, 2019
Sacramento Insight
Meditation--Sue Taylor
Visiting Teacher

How do we use our practice to build bridges of empathy and compassion in a confusing and challenging world? Tonight we will discuss the wisdom of elders who have spent their lives walking between their transformational internal "practice on the zafu" and their transformational external practice in the world. We will explore the many ways their examples offer inspiration and courage, as well as spaciousness and resilience.



Buddhist Teachers across traditions leading social movements

- **Overview:** What is socially engaged Buddhism? How has it evolved across traditions? How do we embrace socially engaged Buddhism in the Theravada tradition? Taking the dhamma off the cushion... what does that mean?
- The stories of Ledi Sayadaw, Mahasi Sayadaw, and other early teachers. The impact of colonialism.
- Did the Buddha engage in socially engaged Buddhism? Many scholars suggest so because of who he invited into his sangha, his message, etc.
- Bhikku Bodhi's analysis inviting Theravada practitioners to engage in the concerns of the larger community.
- See various authors' works noted as places to begin to discuss interconnectivity leading to socially engaged Buddhism across race, ethnicity, gender, the environment, war, interreligious dialogue, etc.
- Note the conversations between Thich Nhat Hahn and Daniel Berrigan from 1974 (interreligious dialogue during a time of war; connection to Martin Luther King, Jr; an iteration of today.)
- Do we engage in "practice" as a religious tradition, meditative technique, both, neither? New lawsuits are asking that question of mindfulness programming receiving public funding.
- Questions to consider: Is the purpose of the practice to give us the stability to move beyond the individual to the collective? If so, in what ways? In what ways is that perhaps not the expectation, and what then?

Philosophy, Practice, Action... Selected Readings from various lineages

- ❖ Bodhi, Bhikku (2016). The Buddha's teachings on social and communal harmony: An anthology of discourses from the Pali Canon. Somerville, MA: Wisdom Publications.
- ❖ Chodron, Pema (2006). Practicing peace in times of war. Boston, MA: Shambhala Publishing.
- ❖ Glassman, Roshi Bernard & Fields, Rick (1996). Instructions to the cook: A Zen Master's lessons in living a life that matters. NY, NY: Random House.
- ❖ Gross, Rita M. (1993). Buddhism after patriarchy. Albany, NY: State University of New York Press.
- ❖ Henning, Daniel H. (2002). Buddhism and Deep Ecology. Bloomington, IN. (ISBN: 1-4033-7006-0)
- ❖ Kittisaro & Thanissara (2014). Listening to the heart: A contemplative journey to Engaged Buddhism. Berkeley, CA: North Atlantic Books.
- ❖ Jones, Ken (2003). The new social face of Buddhism: A call to action. Boston, MA: Wisdom Publications.
- ❖ Kotler, Arnold (Ed) (1996) Engaged Buddhist reader. Berkeley, CA: Parallax Press.
- ❖ Kraft, Kenneth (1999). The wheel of Engaged Buddhism: A new map of the path. NY, NY: Weatherhill Inc.
- ❖ Loy, David (2003). The Great Awakening: A Buddhist Social Theory. Somerville, MA: Wisdom Publications.
- ❖ Macy, Joanna & Brown, Molly (2014). Coming back to life: The updated guide to the work that reconnects. Gabriola Island, CN: New Society Publications.
- ❖ Macy, Joanna & Johnstone, Chris (2012). Active hope: How to face the mess we are in without going crazy. Novato, CA: New World Library.
- ❖ Nhat Hahn, Thich & Berrigan, Daniel (1974, 2001). The raft is not the shore: Conversations toward a Buddhist-Christian awareness. Maryknoll, NY: Orbis Books.
- ❖ Nhat Hahn, Thich (1987, 2005). Being peace. Berkeley, CA: Parallax Press.
- ❖ Nhat Hahn, Thich (2003). Joyfully together: The art of building a harmonious community. Berkeley, CA: Parallax Press.
- ❖ Rothberg, Donald (2006). The engaged spiritual life. Boston, MA: Beacon Press.
- ❖ Salzberg, Sharon (1999). A heart as big as the world: Stories on the path of lovingkindness. Boston, MA: Shambhala Publishing.
- ❖ Sundara, Ajahn (2012). Walking the world. Hertfordshire, UK: Amaravati Buddhist Monestary.
- ❖ Williams, angel Kyodo Williams (2000, 2002). Being Black: Zen and the Art of living with fearlessness and grace. NY,NY: Penguin Putnam Group.
- ❖ Williams, Rev. angel Kyodo Williams, Owens, Lama Rod (2016). Radical Dharma: Talking race, love, and liberation. Berkeley, CA: North Atlantic Books.
- ❖ Yang, Larry (2017). Awakening together: Spirituality practice of inclusivity and community. Somerville, MA: Wisdom Publications.

Links to additional readings and recordings on Engaged Buddhism

- General Definition (Wikipedia)

https://en.wikipedia.org/wiki/Engaged_Buddhism

- Demont, John (February 12, 2018). The radical Buddhism of Rev. angel Kyodo Williams. Lions Roar

<https://www.lionsroar.com/love-and-justice-the-radical-buddhism-of-rev-angel-kyodo-williams/>

- Thich Nhat Hahn

<https://www.mindfulnessbell.org/archive/2015/02/dharma-talk-history-of-engaged-buddhism-2>

- Donald Rothberg (Socially engaged Buddhism)

<https://www.audiodharma.org/series/126/talk/2531/>

- Wisdom publication Titles (Engaged Buddhism)

<https://www.wisdompubs.org/book/engaged-buddhism-west/table-of-contents>

- Christopher Queen (Tricycle) Socially engaged Buddhism

<https://tricycle.org/magazine/the-wheel-engaged-buddhism/>

- Maia Duerr (PBS) An Introduction to Engaged Buddhism (with web links for organizations)

<http://www.pbs.org/thebuddha/blog/2010/Mar/26/introduction-engaged-buddhism-maia-duerr/>

- Tricycle Reprint (Kenneth Kraft- Engaged Buddhism)

<https://tricycle.org/magazine/meditation-action/>

- Ledi Sayadaw (The insight revolution) Lions Roar

<https://www.lionsroar.com/the-insight-revolution/>

- Tricycle Reprint (Bell hooks)

<https://tricycle.org/magazine/agent-change-an-interview-with-bell-hooks/>

- Tricycle Reprint (Bhikku Bodhi)

<https://tricycle.org/magazine/need-hour/>

Ending Chant:

Sabbe Satta Sukhi Hontu (May All Beings be Happy)

