

2021 COLLECTION OF VOL 01 \ NO. 1-7

COMMUNITY WELLNESS DIGEST

Spirit - Body - Mind



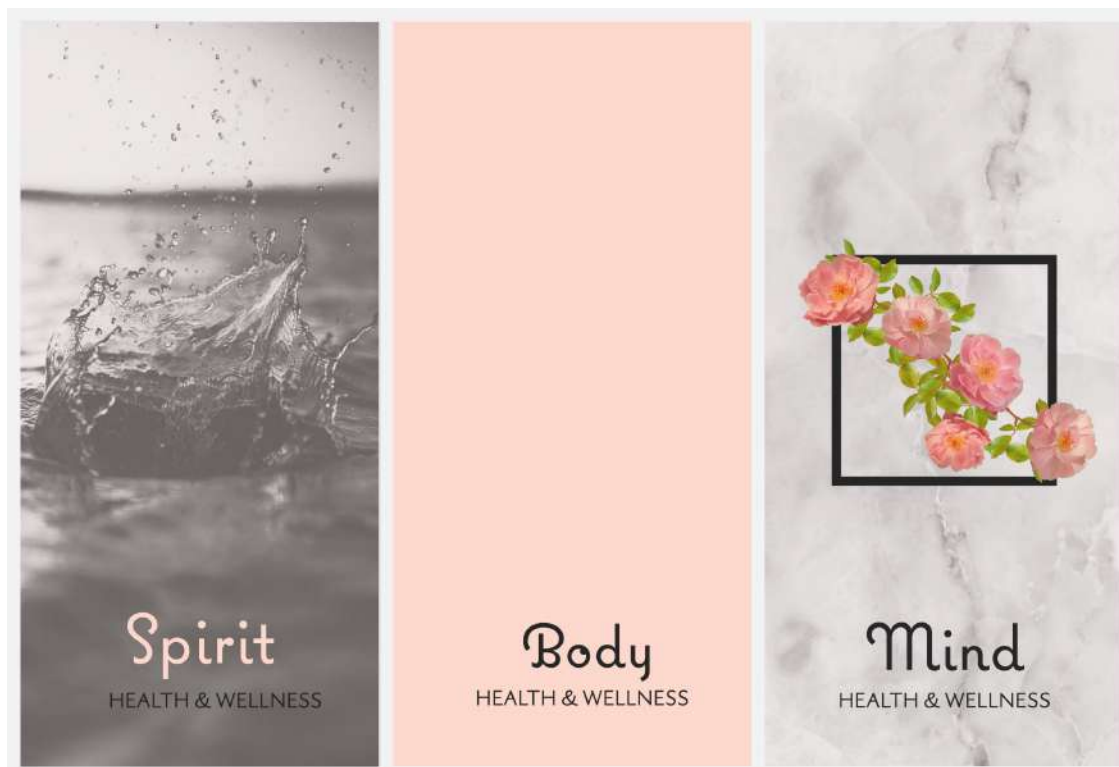
THE UNIVERSITY OF ARIZONA
COLLEGE OF HUMANITIES
Center for Buddhist
Studies



Community Wellness Digest Vol. 1, No. 1

Welcome to the Center for Buddhist Studies Community Wellness Digest! In this monthly email, we will share wisdom from Buddhist teachings you can use in your daily life, wellness tips, and information about university and community events. We welcome your feedback. Let us know what you think by emailing buddhist-studies@email.arizona.edu.

To subscribe to this digest, please sign up for our email list here: <http://eepurl.com/gb2yaD>, and select "Community, Health, and Wellness." If you are already on our list and have updated your preference by selecting "Community, Health, and Wellness," you will receive this digest regularly.



Sticking to New Year's Resolutions

Did you make a New Year's resolution? Maybe you aim to eat healthier, or to start a mindfulness practice, or to lose weight. Read these helpful tips from [Harvard Health](#) and the [American Psychological Association](#) for guidance about how to stick with your resolutions year-round.

Starting a Meditation Practice?

There are many reasons to start a meditation practice. Meditation can help calm a busy mind and relax the body. We increase our awareness of detrimental thoughts and habits, and contemplate compassion for self and others. If you are curious about meditation but don't know where to start, read this [helpful guide](#) from Lion's Roar, which walks you through a breathing meditation and describes various types of Buddhist meditation. You may also wish to explore [Mindfulness Based Stress Reduction](#), a secular evidence-based mindfulness practice developed by Dr. Jon Kabat-Zinn at University of Massachusetts in the 1970s. At UA, the [Mindful Ambassadors](#) program offers resources for students and the [Contemplative Pedagogy Learning Community](#) provides support to faculty and staff seeking to incorporate mindfulness into the classroom.

Leading A More Peaceful, Healthy Life



Seeking peace in your life? We all experience occasional bouts of sadness, of feeling a bit blue. Our friends at the Andrew Weill Center for Integrative Medicine at UA made a video describing 10 ideas that can be of particular benefit for those who struggle with mild to moderate depression but can also potentially benefit nearly everyone who follows them. Watch the video or read the transcript [here](#).

Save the Date: Integrative Medicine Summit 2021

May 5-7, 2021

Integrative Medicine Summit 2021: Clinical Challenges and Solutions brings together physicians, researchers, experts, and authors for 3 exciting days of exploring integrative health. For more information and to register, visit the [website](#).

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Community Wellness Digest Vol. 1, No. 2

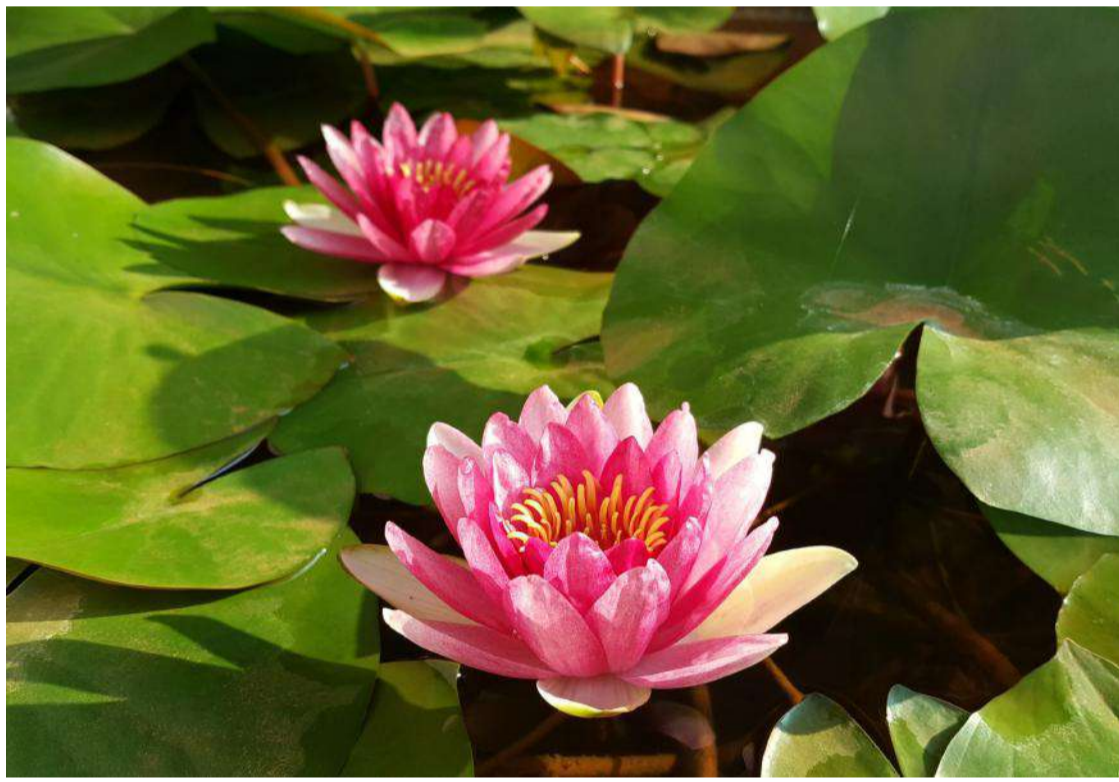
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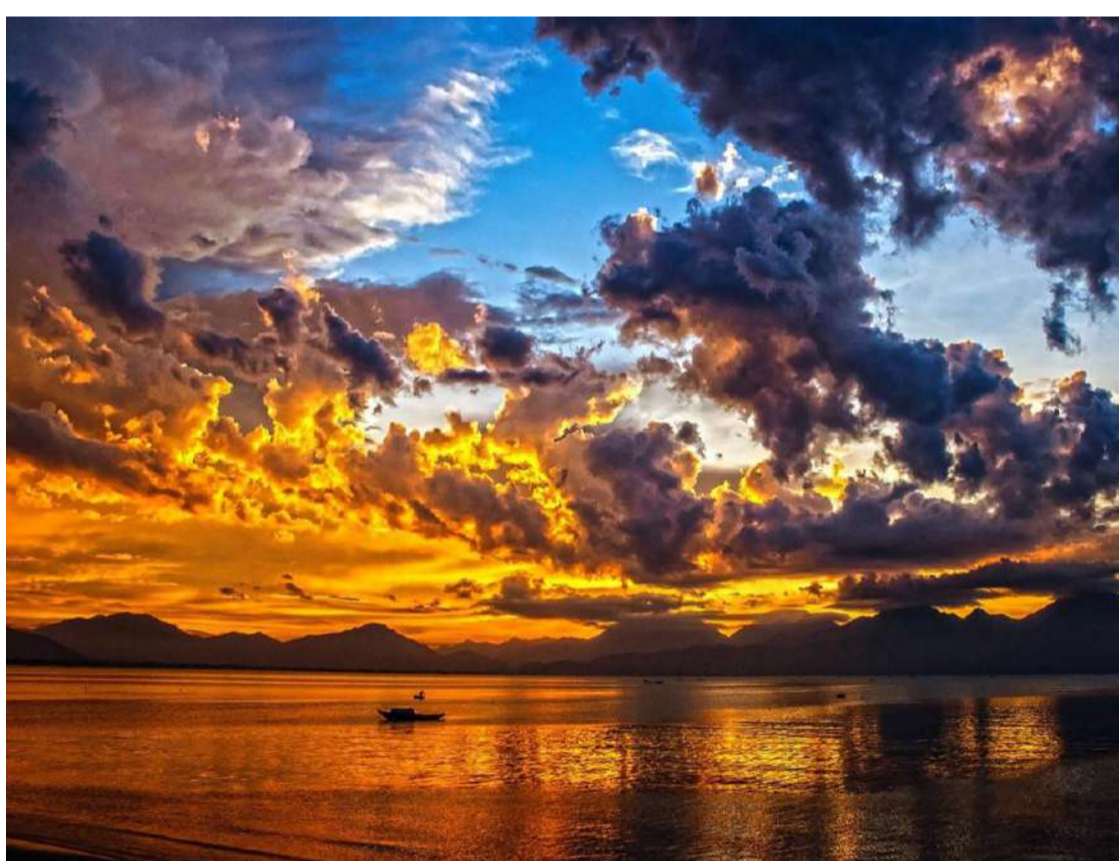


Buddhist teachings on Love and Compassion

During this time of year in the West, people celebrate love on Valentine’s Day. We invite you to take a moment to explore Buddhist teachings on love and compassion. The UA’s [Center for Compassion Studies](#) offers courses in mindfulness and self-care for those in helping professions, a Cognitively Based Compassion Training (CBCT) program, and educator tools to deepen your study of compassion. Meditation and training programs are now online and their website links to current research about the benefits of compassion training. If you have children, His Holiness the Dalai Lama has written a picture book called [The Seed of Compassion](#) based on his life and work. There are many books, talks, and videos from a variety of teachers who can inspire you to weave the practice of compassion into your day to enhance the quality of your life and the lives of those around you.

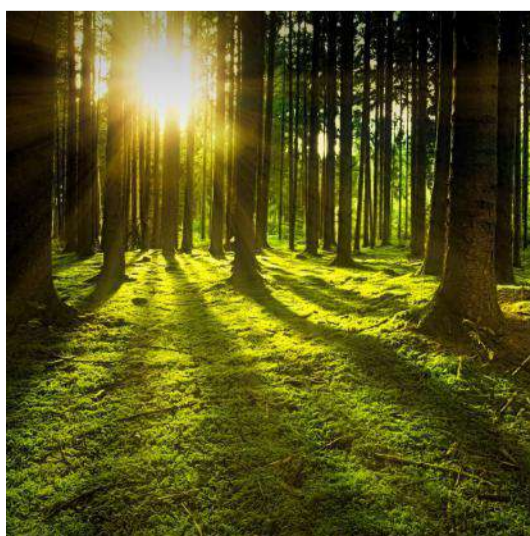


Māgha Pūjā or “Sangha Day”



In many parts of Southeast Asia, Buddhists celebrate a major festival called Māgha Pūjā on the full moon day of [the third lunar month](#), which fell this year on February 26, 2021. The festival commemorates a gathering of 1,250 disciples of the Buddha in a grove in Northern India, and is sometimes called “Sangha Day,” with Sangha referring to the community of Buddhist practitioners. In these modern times, it can be challenging to find or maintain ties with a spiritual community. Luckily, here in Tucson we have numerous sanghas from different Buddhist traditions, many of which offer online events and teachings. Here is a short list (not complete) of centers in Tucson that offer meditation and cultural programming. Please contact each center directly to sign up for classes and to determine availability. [Awam Tibetan Buddhist Institute](#), [Bodhisattva Institute](#), [Drikung Kagyu Buddhist Center](#), [Singing Bird Sangha](#), [Southern Arizona Japanese Cultural Coalition](#), [Tucson Chinese Cultural Center](#), [Tucson Community Meditation Center](#), [Tucson Shambhala Center](#), [Upaya Sangha of Tucson](#), [Wat Buddhamecca](#), [Zen Desert Sangha](#).

Mindfulness in Nature



With spring arriving, many of us here in the desert are heading outside to enjoy the sunshine, flowers, and cool breezes. Did you know that spending mindful time outside, or “forest bathing” (shinrin yoku in Japanese), has been shown in numerous studies to have health benefits? Read this article to learn more about the practice and pick up helpful tips for how to forest bathe where you live: <https://time.com/5259602/japanese-forest-bathing/>.

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Buddhism and Diet

If you have ever attended a retreat or a holiday celebration at a Buddhist temple, you may have noticed that some Buddhists follow a vegetarian diet. This tradition, which originated more than two thousand years ago, is associated with the first Buddhist precept, which prohibits the taking of life. The teachings and practices around diet vary according to lineage. Most Mahayana monks, nuns and some lay people do not eat meat, whereas followers of other lineages allow for consumption of meat. In many parts of East Asia, such as China, Japan, Taiwan, and Korea, delicious vegetarian food is prepared in temples and Buddhist restaurants offer elaborate vegetarian buffets. Whatever diet you follow, recent research has shown that “mindful eating,” or the act of slowly savoring your food, can have profound health benefits. Check out this [New York Times article](#) for an overview of the practice and links to books and articles that can help you increase mindfulness at mealtime.

Mindful Eating



One way we can become more mindful consumers and eaters involves connecting with local food producers and eating foods rooted in our region's heritage. In partnership with the [UA Southwest Center](#) and others, the city of Tucson was designated a UNESCO City of Gastronomy in 2015 in recognition of the 4,000 years of crop cultivation and rich intersection of culinary cultures present in the Sonoran Desert. Visit their [website](#) to find resources about the history of our region, farmers's markets, restaurants, and local food traditions present here in the Sonoran desert, including Native American, northern Mexican or Sonoran, Mission-era Mediterranean, and American Ranch-Style Cowboy traditions. Connect directly with your local food producers at a farmer's market near you: <https://www.heirloomfm.org/>.

Andrew Weil Center Nutrition Courses

The Andrew Weil Center for Integrative Medicine offers online courses on a range of subjects that can help you eat more mindfully and healthily. The Wellness & Lifestyle Series, Unit 3 contains a series of courses on Nutrition, Phytonutrients, the Anti-Inflammatory Diet, Nutrition & Cardiovascular Health, Self-Care: Healthy Eating, and Smoking Cessation. Check out their [website](#) for more information about registration and fees.



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Buddhism & End of Life

Buddhist teachings encourage the frequent contemplation of death; end of life is viewed as part of an ongoing cycle of life, death, and reincarnation. In recent decades, Buddhist practices have become more prevalent around the globe as families and individuals seek out spiritually-oriented hospice care and more mindful ways of dying. As we collectively confront the devastating impacts of the COVID-19 pandemic, over 3 million dead and counting, we hope that these teachings may bring you some measure of comfort and solace.

For an overview of the topic of Buddhist teachings on life and death, read this article in [Religion News](#) or this [guide](#) from the BBC. Sogyal Rinpoche's 1992 book [The Tibetan Book of Living and Dying](#) is a classic exploration of the Tibetan perspective. For everyday practice, you can try chanting the [Five Remembrances](#), and for those who have lost a child, a [Jizo statue](#) can bring comfort.

Buddhist Hospice Care



Buddhist hospice care offers individuals support and resources at the end of life for a mindful and peaceful transition. A list of hospices in Australia, Europe, India, Malaysia, New Zealand, Singapore, Taiwan, Thailand, and the United States can be found on [BuddhaNet](#). One of the most well-known American organizations, [Zen Hospice Project](#), was founded by practitioners at the San Francisco Zen Center in 1986. The Project has evolved into a comprehensive resource for care recipients, those coping with loss, and caregivers, and offers many training programs online.

Resources for Caregivers

In Arizona, the Andrew Weil Center for Integrative Medicine offers a [Contemplative Care](#) course designed for those working in hospice care and with end-of-life patients. Contemplative care is an approach to caregiving that incorporates mindfulness practice, compassionate action, and moment-to-moment awareness while in relationship with the one being cared for. It is rooted in Buddhist practices of meditation and contemplation. The course is taught online and is currently being offered for free. Please check the website for more details about fees and how to register.





Community Wellness Digest Vol. 1, No. 5

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Mindfulness in Modern Life

Jon Kabat-Zinn, an American pioneer of mindfulness education and research, has defined mindfulness meditation as “the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally.” Although most contemporary mindfulness programs present a secular version of the practices, Kabat-Zinn and other proponents drew upon centuries of tradition from Asian Buddhism and adopted this ancient wisdom for modern audiences. Western psychologists and neuroscientists have investigated the biological and behavioral changes that arise when we regularly practice mindfulness. A good example is [Richard Davidson’s research](#) and the ongoing work of the [Mind and Life Institute](#). These investigators have shown that through daily practice of mindfulness techniques, we can all potentially benefit from less stress, less reactivity, a greater capacity to see other perspectives, more curiosity as opposed to judgment, and a greater capacity to accept life’s ups and downs. These qualities build resilience, flexibility, and openness for people from all walks of life.

Mindfulness in Business



Mindfulness has become all the rage in recent years as a tool for leadership development and a means for reducing workplace stress. Apple founder [Steve Jobs](#) was influenced by Zen Buddhism and Google famously offers an array of [mindfulness programs](#), talks, and retreats. Now in 2021, countless large and small organizations offer mindfulness programs to employees, CEOs, and boards. Researchers have studied how companies can apply the principles of mindfulness to leadership development, such as [this study](#) by Megan Reitz and Michael Chaskalson in the Harvard Business Review.

Resources for Nonprofits

Leaders in the [nonprofit community](#) look to mindfulness as an important resource for those who may be facing burnout or scarce resources. [Frontline healthcare workers](#) have used mindfulness and self-care techniques to combat fatigue, especially during the pandemic. Mindfulness practice is popular among [educators](#) as well, another profession where burnout is common. A 2017 study by University of Virginia professor Patricia Jennings evaluating Cultivating Awareness and Resilience in Education, or CARE, found that “The teachers who participated in CARE were better than nonparticipants at regulating their emotions, and rated lower on measures of depression, anxiety, exhaustion, and feeling pressures.” [Activists](#) engaged in social change movements are increasingly taking the time to provide mindfulness workshops and resources to their participants. By pausing, reflecting, and resting, these change makers use age-old tools to nourish themselves and sustain their movements. If you have further resources or stories to share, please email us at buddhist-studies@email.arizona.edu.



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Buddhism and Science:

Community Wellness Digest Vol. 1, No. 6 (September 2021)

In this Issue:

- Scientific Inquiry Meets Contemplative Wisdom: A History
- UA's Pioneering Role in Research on Meditation and Consciousness
- Cutting-edge Research at UA's SEMA Lab
- Recommended Reading

Editors: Jiang Wu and Hannah Greene

Contributors: James Baskind, Manojkumar Saranathan, Jeffrey Liu

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We welcome your feedback and contributions. Next month, we explore Buddhist perspectives on the environment and climate change. Let us know what you think by emailing buddhist-studies@email.arizona.edu. Enjoying the newsletter? Hit the buttons below and share it with your network.

Sincerely,

Jiang Wu
Director, Center for Buddhist Studies

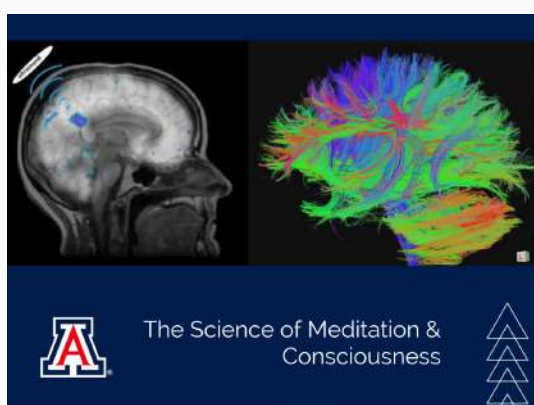
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Scientific Inquiry Meets Contemplative Wisdom: A History

Many Western scientists, particularly quantum physicists like Pauli, Schrödinger, and Heisenberg, have been intrigued by Eastern mysticism since the translation of Hindu and Buddhist works from Sanskrit to German by Schopenhauer. The World Parliament of Religions, held in Chicago in 1893, was one of the first venues where two prominent Buddhist monks, Anagarika Dharmapala and Shaku Soen, from two very different traditions (Theravada and Zen), stressed Buddhism's core principle of cause and effect and made parallels with modern science.

[>>Read more](#)



UA's Pioneering Role in Research on Meditation and Consciousness

At the University of Arizona, researchers have been carrying out groundbreaking investigations into the intersections of Buddhist practice and neuroscience for more than 25 years. In 1994, the first The Science of Consciousness (TSC) conference was held at the UA Medical Center.

[>>Read more](#)



Cutting-edge Research at UA's SEMA Lab

It's a familiar conundrum with beginning meditators: "I know that daily meditation practice will help me, but it's so challenging and hard to stick with it!" The team at the SEMA (Sonication Enhanced Mindful Awareness) Lab at UA's Center for Consciousness Studies are searching for a technological solution to make meditation more rewarding earlier in the process. They aim to better understand how mindfulness works to make the practice more accessible to a wider range of patients.

[>>Read more](#)

Recommended Reading

[Buddha's Brain](#), Rick Hanson, Ph.D.

[The Monk and the Philosopher](#), Jean-François Revel and Matthieu Ricard, Ph.D.

[Neurodharma](#), Rick Hanson, Ph.D.

[The Quantum and the Lotus](#), Matthieu Ricard, Ph.D.

[The Science of Enlightenment](#), Shinzen Young

[The Tao of Physics](#), Fritjof Capra, Ph.D.

[Thoughts Without a Thinker](#), Mark Epstein, M.D.

[Zen and the Brain](#), James H. Austin, M.D.

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COMMUNITY WELLNESS

Buddhism and Ecology:

Community Wellness Digest Vol. 1, No. 7 (November 2021)

In this Issue:

- **ECODHARMA: A MODERN GLOBAL MOVEMENT**
- **A BUDDHIST ETHICAL FRAMEWORK FOR THE ENVIRONMENTAL MOVEMENT**
- **FIVE WAYS TO PRACTICE ECODHARMA**
- **RESOURCES**
- **RECOMMENDED READING**

Editors: Jiang Wu and Hannah Greene

Contributors: James Baskind, Manojkumar Saranathan, Jeffrey Liu

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The opinions expressed in the books, articles, and websites referenced in this newsletter are those of the original authors and publishers, and do not necessarily reflect those of the Center for Buddhist Studies, the editors, the editorial board, or the organization to which the authors are affiliated. If you have questions concerning these opinions, please contact the original authors and their publishers.

If you would like to receive monthly emails on this topic, please sign up for our email list [here](#) and select the group "Community Wellness Newsletter." For those who have already signed up for our email list, please [update your preferences](#) to include "Community Wellness Newsletter."

Next month, we explore **Buddhism and Health**. Let us know what you think by emailing buddhist-studies@email.arizona.edu. Enjoying the newsletter? Hit the buttons below and share it with your network.

Sincerely,
Jiang Wu
Director, Center for Buddhist Studies



ECODHARMA: A MODERN GLOBAL MOVEMENT

Extended wildfire season in the American West, deadly floods in Europe, sea level rise threatening island nations, severe heat waves. In every corner of the globe, we are witnessing firsthand the impacts of climate change on humans, wildlife, and ecosystems. In this issue of our Community Wellness newsletter, we explore Buddhist perspectives on the climate crisis. How can Buddhist teachings help us understand our relationship with the natural world? How have modern environmentalists been inspired by Buddhism to enact social and political change and vice versa?

[>>Read more](#)



A BUDDHIST ETHICAL FRAMEWORK FOR THE ENVIRONMENTAL MOVEMENT

Since the early 1960s, Buddhists and activists inspired by Buddhism have applied some of the core tenets of Buddhist teachings to inspire collective action to protect the environment. As a world religion with more than 500 million practitioners around the globe, Buddhism encompasses a multitude of lineages and practices; therefore, to describe one monolithic "Buddhist ethic" of environmentalism is impossible. Here we highlight a few specific examples of the ways in which Buddhist teachings have been applied to modern ecological issues.

Many ecodharma practitioners are inspired by Buddhist teachings on interdependence. Indra's net is a metaphor used in Buddhist philosophy to describe the interconnectedness of all beings and the universe. The net is a web of infinite dimension with a glittering multi-faceted jewel at each vortex, with each jewel reflecting light from all other jewels.

[>>Read more](#)

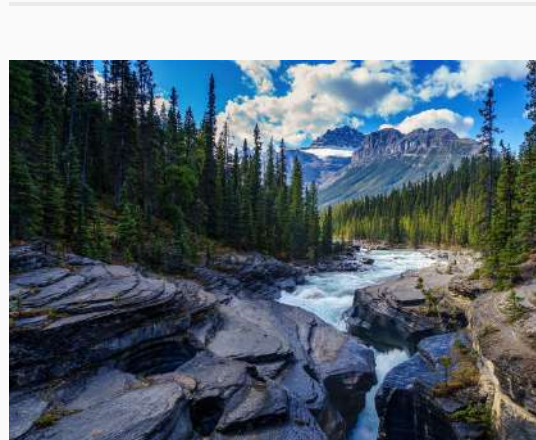


FIVE WAYS TO PRACTICE ECODHARMA

As a vegetarian and avid hiker, I find many opportunities to invite ecodharma principles into my daily rhythm. I especially enjoy introducing my five-year-old son to the wonders of nature in the Sonoran Desert, where wildlife abounds and the effects of climate change (drought, wildfires, insect extinction) feel palpable and immediate. Here are a few ideas for ways that you can introduce ecodharma practices into your daily life: **Mountain Meditation, Mindful Consumption, Awareness in Nature, Meatless Monday, and Work for Systemic Change.**

-Hannah

[>>Read more](#)



RESOURCES

The Community Wellness Editorial Team has compiled a list of resources encompassing local, national, and international environmental and ecodharma organizations. Please reach out to each organization via their website for more information about their activities and programs.

[>>Read more](#)

Recommended Reading

- [Buddhism and Ecology](#), edited by Mary Evelyn Tucker, Ph.D. and Duncan Ryūken Williams, Ph.D.
- [Buddhist Environmentalism in Contemporary Japan](#), Duncan Ryūken Williams, Ph.D.
- [Coming Back to Life: The Updated Guide to the Work That Reconnects](#), Joanna Macy, Ph.D. and Molly Young Brown, M.Div.
- [Dharma Gaia: A Harvest of Essays in Buddhism and Ecology](#), edited by Allan Hunt Badiner
- [Ecodharma](#), David R. Loy, Ph.D.
- [Ecology, Ethics, and Interdependence: The Dalai Lama in Conversation with Holiness the Dalai Lama](#), John D. Dunne, Ph.D.
- [Global Healing: Essays and Interviews on Structural Violence, Social Development and Spiritual Transformation](#), Sulak Sivaraksa
- [Green Buddhism](#) and [Dharma Rain](#), Stephanie Kaza, Ph.D.
- [Taiwan's Socially Engaged Buddhist Groups](#), David Schak, Ph.D. and Hsin-Huang Michael Hsiao, Ph.D.
- [The Great Work](#), Thomas Berry, Ph.D.
- [Bibliography on Buddhism and Ecology from Yale University](#)

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Center for Buddhist Studies collaborates with departments and communities within and outside the UA to promote academic research on the Buddhist tradition and its related religious, intellectual, social, cultural, and artistic aspects in all geographical regions in the world.

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