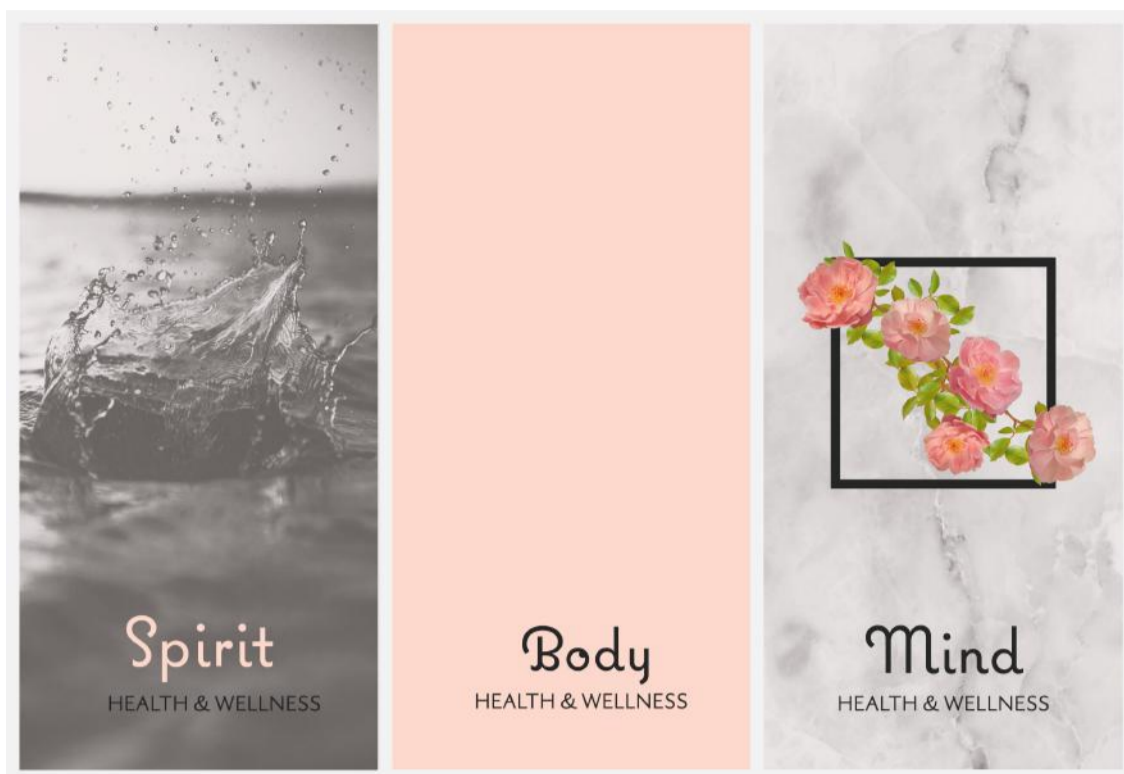




Community Wellness Digest Vol. 1, No. 2

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://cepur1.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.



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.

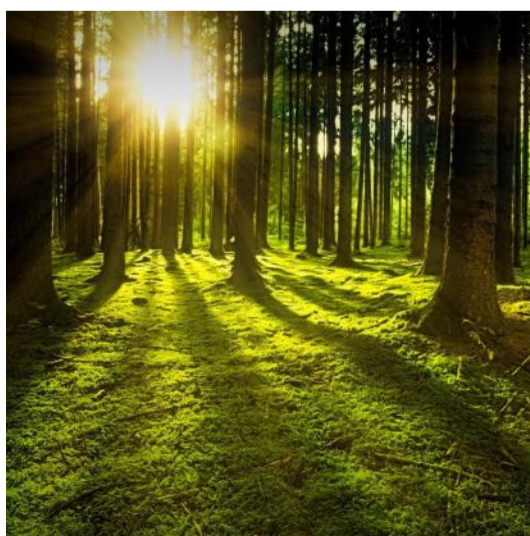


Māgha Pūjā or “Sangha Day”



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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