



COLLEGE OF HUMANITIES
Center for Buddhist
Studies

Community Wellness

Community Wellness Digest Vol. 1, No. 4

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.



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.



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Our mailing address is:
341C, Harvill Building
1103 E 2nd St, Tucson, AZ 85721-0076

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