

Introduction to Buddhism, Session Three

II. D. Methods to Eliminate Selfish Desires and Suffering. (cont.)

3. Mindfulness...be present here and now. (...de-automization; choiceless awareness; suspend judgment)

- Mindfulness Survey – Do you control your thoughts or do they control you?

Discussion Quotes:

- “Mindfulness means paying attention...on purpose, in the present moment, and non-judgmentally.” Jon Kabat-Zinn
- Meditation helps develop mindfulness, even when we’re not meditating.
- Mindfulness helps us focus on reality more vividly, clearly, and accurately. It makes life more interesting and reduces boredom. Boredom arises from the quality of our attention, as well as the object of our attention.
- “There is nothing beyond Nowness, therefore what we see is reality. But because of our usual way of seeing things we do not see them exactly as they are...perhaps only 20% of the consciousness is based upon the present and the rest is scattered into the past or the future.” Chogyam Trungpa
- “We do not recognize our happiness in the now, and seek it in the then. We sacrifice the now for the then which never comes. The then always belongs to the future. It is an illusion that can never become reality...”

Introduction to Buddhism, Session Three

Happiness is only possible in the present moment. Of course, planning for the future is a part of life. But even planning can only take place in the present moment...The conditions of our happiness are already sufficient. We need only to allow ourselves to be in the present moment." Thich Nhat Hanh

- "...the courage to be right here and now and nowhere else is precisely what Zen demands: eat when you eat, sleep when you sleep!" Peter Matthiessen
- "As you walk, eat, and travel...be where you are. Otherwise you will miss most of your life." Jack Kornfield
- "Maybe happiness is this: not feeling like you should be elsewhere, doing something else, being someone else." Isaac Asimov
- "Life is what happens to you while you're busy making other plans." John Lennon
- "See the rosebush and not your pre-conception of it. Better to have the experience than define it..."
- "A restaurant menu will not satisfy your hunger." Anthony De Mello
- "Here it is. Right Now. Start thinking about it and you miss it. The wise reject what they think, not what they see." Huang Po
- "We are here and it is now. Further than that all human knowledge is moonshine." H.L. Mencken
- "We think in generalities, but we live in detail." Alfred North Whitehead

Introduction to Buddhism, Session Three

- "If you seek some special life outside of daily activities, it is like brushing aside waves to look for water." Wu-Chun
- "Don't do anything in order to get it over with. Enjoy the list more than crossing it off."
- "I am a butterfly, not a butterfly collector. I want the experience of the butterfly." William Stanford
- "There is more to life than increasing its speed." Mahatma Ghandi
- "Zen is feeling life instead of feeling something about life... The past and future are illusions that exist only in the present...which is what there is and all that there is." Alan Watts
- "Enjoy your life without comparing it with that of others." Marquis de Condorcet

***Mindfulness Exercise

4. Realize we are all born as Buddhas. We just have to excise the garbage we've added to our lives over the years. We have already arrived.

Discussion Quotes:

- "(A) toddler smiles 600 times a day. Where has that smile gone?"

Goldie Hawn. *10 Minute Mindfulness*.

Introduction to Buddhism, Session Three

- "Happiness is as a butterfly, which when pursued, is always beyond our grasp, but which if you will sit down quietly, may alight upon you."

Nathaniel Hawthorne

- "(The) realization that we have already arrived, that we don't have to travel any further, that we are already here, can give you peace and joy."

Thich Nhat Hanh

- "The only difference between a Buddha and an ordinary man is that one realizes it and the other does not." Hui Neng

- "It's amazing, a wonder that one wakes up in the morning." Nagarjuna

- "There is great happiness in not wanting, in not being something, in not going somewhere." Krishnamurti

- "Comparing yourself to ideals is just another way of resisting life as it is."

Ezra Bayda

- "Be nobody. When we let go of this futile effort to be or become somebody, freedom and enlightenment take care of themselves." Anam

Thubten

Introduction to Buddhism, Session Three

- "If we are content with what happens and follow the flow...sorrow cannot affect us. Why should I be upset?" Chuang-Tzu
- "You don't need to be helped any longer. You've always had the power to go back to Kansas." Glinda, the Good Witch of the North
- "Ask yourself whether you are happy and you cease to be so." John Stuart Mill
- "Everything is perfect, but there is a lot of room for improvement." Shunryu Suzuki
- "Every day is a gift, which is why we call it the present." Alfred Hitchcock

Discussion

5. Develop compassion for others and yourself.

Suggested Text: *Buddhism: A Very Short Introduction*, by Damien Keown.

Oxford University Press. 2013 edition*. (All page references are to the text.

*The font size of the Kindle version is larger and much easier to read.)

(pp 61-75, 112-127 and Discussion Quotes)

Discussion quotes

Introduction to Buddhism, Session Three

- "A day spent judging yourself is a painful day. Do not judge yourself harshly. Without mercy for ourselves we cannot love the world. A day spent judging another is a painful day. You don't have to believe your judgments. They're simply an old habit. Seeing emptiness, have compassion." Milarepa
- "...to get along in this world you must be oh, so smart, or oh, so pleasant. For years I was smart and I recommend pleasant." (Elwood P. Dowd in "Harvey")
- "Those who bring sunshine to the lives of others...cannot keep it from themselves...Always try to be a little kinder than necessary. J.M. Barrie
- "Hatred and bitterness and anger only consume the vessel that contains them. It doesn't hurt another soul." Rubin 'Hurricane' Carter"
- "Forgiveness is primarily for our own sake, so that we no longer carry the burden of resentment. But to forgive does not mean we allow injustice again." Jack Kornfield

Introduction to Buddhism, Session Three

- "Compassion automatically invites you to relate with people because you no longer regard them as a drain on your energy." Chogyam Trungpa
- "When you understand suffering is your teacher it is no longer the enemy you have to conquer." Ezra Bayda
- "There is no such thing as sacrifice. There is only opportunity to serve." Christmas Humphreys
- "...our pain is self-inflicted! Why should others be the object of our anger." Shantideva
- "The door to hell is locked from the inside." Kurt Vonnegut
- "Company with fools is always painful...There is no companionship with a fool." Dhammapada

***Discussion...How do our UU Principles reflect Buddhist ideals?

(Revised 8/29/19)