

Tess Hadley

Project report
STS390, “Media, war and peace”

Spring session, 2008
Science, Technology & Society
University of Wollongong

The report has two parts.

1. A response pack for an actual organisation. This is not an official document and does not necessarily represent the views of the organisation.
2. A dialogue between two students discussing the project. This dialogue is fictional. Pseudonyms were used so that the marker, Brian Martin, would not know the identity of student authors.

Tess Hadley's response pack includes a brochure and a calendar. The brochure and dialogue are on the following pages. The calendar is a separate file.

Disclaimer Lifeline South Coast granted permission for the organization to be used as a focus for the report; however, the report is not an official document of Lifeline South Coast or the Good Mood Safari.

Enlightenment



Applying the Buddhist concept of Enlightenment to Lifeline South Coast





What is Enlightenment?

The concept of Enlightenment in a Buddhist context has varied meaning and approaches but generally refers to *an individual's awakening to the true nature of the mind and universe.*¹

Buddhism is ultimately a group of beliefs and practices for attaining Enlightenment. How this Enlightenment is sought is based on the words of Buddha, but the practice of Buddhism is extremely diverse and Buddhists from different regions will have different rituals, ways of teaching and interpretations of the central ideas.²

Enlightenment represents an imaginary standpoint that functions to help human beings live an optimal life and offers both followers of the Buddhist teachings and people outside the Buddhist faith a guide to positive and productive living.³

Enlightenment for a wave in the ocean is the moment the wave realizes it is water – Thich Nhat Hanh

The Four Noble Truths

The key assumptions of Buddhism are contained in the 'Four Noble Truths'. These truths combined with *The Eightfold Path of Enlightenment* form the foundation for understanding methods and barriers to Enlightenment.⁴

1. **Dukkha** - The existence of dissatisfaction and suffering is universal
2. **Samudaya** - Dissatisfaction and suffering exists as a result of cravings.
3. **Nirodha** - Eternal dissatisfaction and suffering can be ended through the elimination of cravings.
4. **Magga** - Living the ideals of the 'Eightfold Path of Enlightenment' can eliminate cravings and dissatisfaction in life.

The Eightfold Path of Enlightenment

1. **Right View**– to understand things as they really are and to realise the ‘Four Noble Truths’.
2. **Right Intention** – a commitment to ethical and mental self-improvement.
3. **Right Speech** – to abstain from false speech, slanderous speech, harsh words and idle chatter.
4. **Right Action** – to abstain from doing harm to others or self, from taking what is not given and from sexual misconduct.
5. **Right Livelihood** - One should earn one’s living in a righteous way and that wealth should be earned, legally and peacefully.
6. **Right Effort** - One should endeavor to abandon all harmful thoughts, words and deeds, instead concentrating on what will be good and useful to themselves and others.
7. **Right Mindfulness** – Keeping an alert mind to ones surroundings and all that affects the mind and body.
8. **Right Concentration** – Concentration on wholesome and productive thoughts and actions. In the Buddhist context concentration is usually developed through meditation.

The eight aspects of the path are not to be understood as a sequence of single steps, instead they are highly interdependent principles that have to be seen in a relationship with each other.⁵

The Dharma Wheel comprised of eight spokes is often used to represent the Eightfold Path.⁶





Thich Nhat Hanh

Zen Master Thich Nhat Hanh was born in central Vietnam in 1926 and joined the monkhood at just sixteen. He is known around the world for his Enlightenment teachings, poetry and active and ongoing contribution to human rights causes.⁷

Engaged Buddhism

In his efforts foster enlightenment in himself and others, Thich Nhat Hanh championed a movement known as *Engaged Buddhism* that seeks to connect the Buddhist teachings and life of reflection with one of action.

Engaged Buddhism is engagement in caring and social service in social and environmental protest and analysis, in nonviolence as a creative way to overcome conflicts, in right livelihood and other initiatives that prefigure a better society of the future.⁸

Determination – Concentration – Responsibility – Awareness

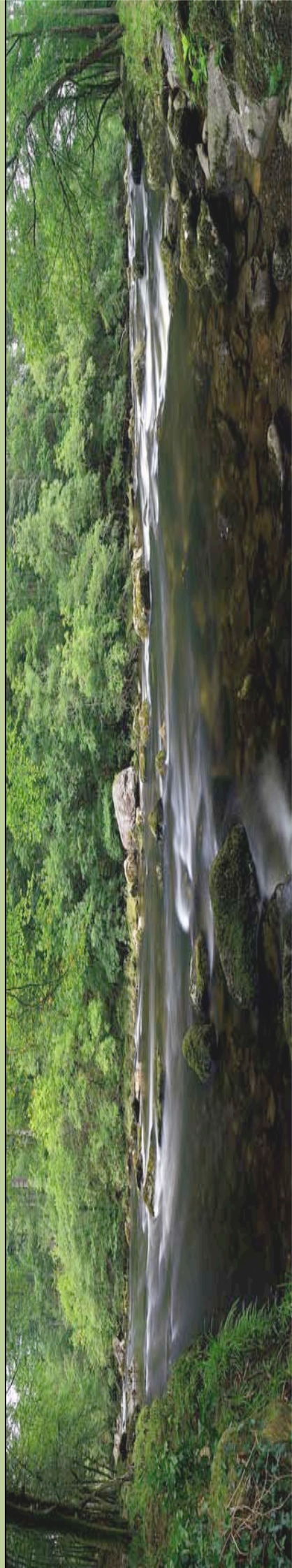
Mindfulness

Thich Nhat Hanh's key teaching is that, through mindfulness, we can learn to live in the present moment instead of in the past and in the future. Dwelling in the present moment is, according to Nhat Hanh, the only way to truly develop peace, both in one's self and in the world and in turn reach Enlightenment.⁹

Nhat Hanh has established several retreats throughout the world where residents are taught the art of mindful living based on *Fourteen Mindfulness Trainings*.¹⁰ These trainings cover areas such as gratitude, awareness and optimism and are combined with lessons in meditation and conscious breathing techniques.¹¹

Thich Nhat Hanh has made Buddhism accessible to contemporary society. His teachings and practices appeal to people from various religious, spiritual, and political backgrounds. Each year thousands of people from different faiths come from around the world to attend the retreats and experience Nhat Hanh's approach to enlightened living.¹²

Energy – Joy – Gratitude – Kindness – Humility – Peace





Enlightenment & Lifeline South Coast

Although Lifeline has its roots in the Uniting Church, when used in a general context the Buddhist concept of Enlightenment provides many existing and potential benefits for Lifeline South Coast.

- *Buddhism and Mental Health* - In Buddhism there is little separation between mental health & spiritual health. Following this approach Enlightenment philosophies and techniques such as meditation can be utilized to treat and avoid mental health issues.¹³

Empirical evidence suggests that the Buddhist beliefs and practices have some clear mental health benefits such as greater acceptance of death, greater empathy, reduction of anxiety and stress, greater cognitive performance and an enhanced sense of wellbeing.¹⁴

- *The Good Mood Safari* draws on several of the concepts of Enlightenment including, mindfulness, gratitude and hope to create a psychological wellness program. The program utilizes the scenery and resources of the Nan Tien Temple in Wollongong, including a mindfulness meditation and thai chi lesson and gratitude activity featuring the temple's gratitude bell.¹⁵ The Safari is not unlike the retreats run by Thich Nhat Hanh. Both Nhat Hanh's mindfulness approach and the *Good Mood Safari* focus on the ability to live a pleasant, engaged and meaningful life.
- Lifeline South Coast strives to be *engaged* with the Illawarra community and to contribute to society by providing support and resources relating to mental health and general wellbeing.¹⁶ Understanding of Enlightenment will boost the organizations resources and ability to help those in need.
- By educating staff and volunteers about Enlightenment techniques, Lifeline South Coast is creating a more positive and productive workplace and in contributing to a more positive community.

Applying the Principles of Enlightenment to Everyday Life

'There is no enlightenment outside of daily life'

– *Thich Nhat Hanh*

Consider the factors of the Eightfold Path to Enlightenment; can any of these be easily applied to your own life? Simply reducing the use of blasphemous language or the reducing time spent gossiping can help start you on the path to enlightened living.

Here are some exercises you might like to try:

Mindfulness & Awareness

- Slow down an everyday activity and pay attention to the small experiences that comprise it. For example when drinking a cup of tea think about how you hold and pick up the cup, the shape, colour and texture of the cup, the weight of the cup, the colour and aroma of the tea, the taste and texture in your mouth and the aftertaste.

Gratitude

- Throughout the day, be aware of opportunities to express gratitude to people you encounter, friends, family or the cashier at the supermarket.

Breathing

- Select a sound that you hear multiple times each day, for example the ring of a phone. Each time you hear this noise take at least three deep breaths and clear your mind.

Health

- Take the time to go for daily walks. Not only will the exercise provide health benefits it is also the perfect opportunity to practice breathing and meditation exercises.

Please refer to the Everyday Activities for Enlightened Living Calendar for more activities.¹⁷



STS390 Media, War & Peace

Spring 2008

Project Report: Enlightenment & Lifeline South Coast

Student No. 2961775



STS390 Media War and Peace

Spring 2008

Project Report - Dialogue

Student No. 2961775

Meghan and John have met for lunch. After a few minutes of gossip the conversation turns to University. (Pseudonyms have been used)

John: Enough about me... how is uni going?

Meghan: Not too bad actually. I have just started an interesting assignment for one of my classes. I have to make response pack for an organization dealing with a peace, war, violence or nonviolence concept. The pack has to provide information for dealing with questions and queries from people associated with the organisation such as staff, the public or maybe the media.

John: That sounds interesting – better than an essay! What concept and organisation are you using?

Meghan: I have been working with the idea of Lifeline South Coast¹ and the Buddhist concept of Enlightenment.

John: Lifeline South Coast – isn't that where you just did your marketing internship? That will help with getting information! I guess you know more about the organisation than I do but isn't Lifeline some kind of counseling and mental health service? What do they have to do with Buddhism?

Meghan: Well that is exactly one of the questions I am planning to address in my information pack. For starters, Lifeline South Coast is currently in the process of branching out from its telephone counseling services and establishing a psychological wellness program called the 'Good Mood Safari'. The program takes the form of a tour that visits a variety of locations throughout the Illawarra region and involves activities based on the principles of positive psychology, which are designed to enhance wellbeing².

John: Oh so it's like a holiday for your mind?

Meghan: Exactly!

John: So where does Buddhism come in to it?

Meghan: Well the safari actually visits the Nan Tien Temple in Wollongong where a monk conducts a meditation and thai chi session and the tour group has the opportunity to ring the gratitude bell as part of an activity on the benefits of gratitude³.

John: Ah ok, so is that what 'Enlightenment' is? All that meditation and chanting stuff that the monks do?

¹ Lifeline South Coast NSW, accessed 28/09/08, available <http://www.lifeline.org.au/southcoast>

² Good Mood Safari, 2008, accessed 28/09/08, available <http://www.goodmoodsafari.org>.

³ Ibid

Meghan: Well it is part of it. It is quite hard to define exactly what Enlightenment is, but generally speaking it refers to 'an individuals awakening to the true nature of self and universe'⁴

John: Wow that is an ambiguous definition!

Meghan: I know it's making it a bit hard to get started on the assignment. You see Buddhism is ultimately a collection of beliefs and practices for attaining Enlightenment⁵. How Enlightenment is sought is based on the words of Buddha but the practice of Buddhism is extremely diverse and each of the different types of Buddhism has different interpretations on the central idea⁶. What I think I might do is look at *The Four Noble Truths* and *The Eightfold Path of Enlightenment* because they are two teachings that contain the key assumptions of Buddhism and they also underpin the methods and barriers to attaining Enlightenment – kind of like guidelines for living⁷.

John: Ah ok, I haven't heard of either of those things so you might want to explain them in your pack.

Meghan: Yeah you are right; I will make sure to include that.

John: Ok besides from the visit to the temple, I still don't quite understand how Enlightenment is relevant to Lifeline South Coast.

Meghan: I wasn't sure either at first but then I found an interesting book called 'Religion and Mental Health'⁸. It explains that for Buddhists mental health and spiritual health are very closely connected and that in a way the quest for Enlightenment is actually a quest for an ultimate state of positive mental health⁹. The techniques of Enlightenment such as the various forms of meditation operate to counteract negative thoughts, feelings and emotions. For example showing gratitude or thinking about things that you can be grateful for is an excellent antidote to misery¹⁰

John: Wow, that is interesting! But do the techniques actually work?

Meghan: Well according to the book, available empirical evidence suggests that the Buddhist beliefs and practices have some clear mental health benefits such as greater acceptance of death, greater empathy, reduction of anxiety and stress, greater cognitive performance and an enhanced sense of wellbeing.¹¹

John: That sounds great. Maybe I should convert to Buddhism!

⁴ Whalen-Bridge, J. (2005) 'Enlightenment (Zen Buddhist)', *Theory, Culture & Society*, Vol.23, Iss. 2-3, pp. 179-180.

⁵ Groth-Marnat, G. (1992), 'Buddhism and Mental Health', in Schumaker, J. (ed.) *Religion and Mental Health*, Oxford University Press, U.S.A, p. 171

⁶ *Ibid*.

⁷ Thompson, M. (2003), *Buddhism*, Chrysalis, London.

⁸ Groth-Marnat, *Opt Cit.* p. 171-180

⁹ *Ibid*

¹⁰ *Ibid*, p.279

¹¹ *Ibid*

Meghan: (laughs) you could do that but interestingly it's not just Buddhists that can benefit from the Enlightenment techniques – anyone can apply some of the principles and practices to their everyday lives¹².

John: That is good news!

Meghan: Yes it is. In fact there is one Buddhist teacher in particular who stresses the fact that everyone can benefit from Buddhist Enlightenment teachings – his name is Thich Nhat Hanh. I think I am going to use him as a case study for the assignment.

John: What makes him so special?

Meghan: Well he has had a pretty amazing life and done some pretty cool things. He was born in Vietnam in 1926 and became a monk when he was just sixteen. In response to the Vietnam War he helped found a movement known as *Engaged Buddhism*, which basically connects the Buddhist teachings and life of reflection with one of action.¹³ For example Nhat Hanh has helped set up youth centre, schools and medical centers, helped rebuild bombed villages and founded a Buddhist University and publishing house in Saigon.¹⁴

John: Wow, he is a pretty cool guy.

Meghan: Indeed, but unfortunately the Vietnamese Government didn't think so and he was exiled from Vietnam in 1966¹⁵.

John: Oh, so what did he do then?

Meghan: He continued teaching and lecturing around the world and established the Unified Buddhist Church in France. As the number of his followers grew he established meditation centers and workshops around the world. He is based at Plum Village, which is a meditation centre in Southern France. Each year thousands of people of many different faiths travel to Plum Village or other locations to take part in his retreats¹⁶.

John: Ok, so what does he have to say about Enlightenment?

Meghan: Well he follows the Zen school of Buddhism and his approach to gaining Enlightenment is notable for its emphasis on joy, engagement in the world, and integrating the practice of mindfulness into daily life¹⁷. He asserts that 'to be mindful is to become aware of what is going on in our bodies, our minds, and the world around us'¹⁸. His teaching centres on meditation techniques such as conscious breathing and he continues to promote Engaged Buddhism¹⁹.

¹² Nhat Hanh, T. (2007), *For a Future to be Possible: Buddhist Ethics for Everyday Life*, 2nd edn, Parralax Press, Canada.

¹³ Nhat Hanh, T. (2002), 'The Fourteen Precepts of Engaged Buddhism', *Social Policy*, Fall, pp. 39-40.

¹⁴ BBC, (2006) *Religion & Ethics-Buddhism*, accessed 17/10/08, available <http://www.bbc.co.uk/religion/religions/buddhism/>; The Mindfulness Bell (n.d.) accessed 02/10/08, <http://www.mindfulnessbell.org>; Plum Village, n.d. accessed 02/10/08, <http://www.plumvillage.org>; Plum Village, n.d. accessed 02/10/08, <http://www.plumvillage.org>;

¹⁵ *Ibid.*

¹⁶ *Ibid.*

¹⁷ *Ibid.*

¹⁸ Nhat Hanh, T, Ho, M & Mai, D, (1975), *Miracle of Mindfulness and Introduction*, Beacon Press, Boston, p.126

¹⁹ Nhat Hanh, (2007), *Opt Cit.*

John: I am really starting to see how Enlightenment can be useful for Lifeline – it some great concepts and examples that can help promote positive mental health and in turn a more positive society – and that is what Lifeline South Coast is all about! There seems to be a lot of information though, what are you going to include in your pack?

Meghan: Well I interviewed Clare the Marketing and PR Coordinator at Lifeline South Coast and that helped me clarify which information would be useful to the organisation. Obviously the staff that are directly involved with the Good Mood Safari program know about the general benefits of the Enlightenment teachings but there are many other people involved with Lifeline South Coast, such as the telephone counselors that may have questions. Clare said she would really like to have some information that will teach volunteers a little bit about Buddhism and Enlightenment and how it is relevant to the organisation. She also thought it was important to show the universal nature of Enlightenment as Lifeline actually has it's roots in the Uniting Church.

John: So how are you going to present the information?

Meghan: Well Lifeline South Coast has limited access to technology so I don't think a web page would be very useful and the volunteers rarely assemble altogether at anyone time so a PowerPoint presentation would be difficult to administer. I was thinking a brochure might be the best solution – they can be kept in the staffroom and the volunteers can read it when they come in for a shift or take a copy home and they can also be given to people from outside the organisation that may have questions such as the media.

John: That sounds feasible.

Meghan: Yeah... but I am a little worried that after reading the brochure people might forget the information quickly; they do have to deal with fairly serious issues after all. I want to come up with a way that they can be reminded about Enlightenment and how it can benefit them - maybe a poster that can go on the wall in the staffroom?

John: That could be ok but posters get boring after a while; once you have read them a few times you know what they say off by heart. What you need is something that keeps providing new information.

Meghan: How am I going to do that?

John: What about a calendar? Similar idea to a poster but the images and information change every couple of months.

Meghan: That's a great idea! I could include an everyday mindfulness activity on each page to show people how Enlightenment can be used by anyone, anywhere!

John: Sounds good. Well I better be on my way I have to get ready for work. Let me know how you go with everything.

Meghan: I'll do that, thanks for your suggestions!

(Dialogue continued on following page)

Two weeks later. Meghan sends John an email.

To: jrf748@uow.edu.au
From: mth957@uow.edu.au
Subject: Enlightenment Assignment

Hi John!

Just thought I would drop you a line to tell you how my assignment went.

Clare at Lifeline South Coast loved the calendar; she is going to put it up in the staffroom. She said she particularly liked the activity suggestions I provided and said she thinks the staff will enjoy reading the quotes from Thich Nhat Hanh that I included.

The rest of the assignment went well too. I was surprised how little scholarly information was available in journals on Enlightenment but I found a few books that helped me out. I got a little bit swamped by all the information available on the internet so I had to be critical when selecting the most appropriate sources.

Interestingly I came across a recent article that was critical of the teachings of Thich Naht Hanh²⁰. The author took part in one of Nhat Hanh's retreats and felt that the actual practices at the retreat were inconsistent with Buddhist teachings. For example Monks and Nuns wear leather sandals despite one of the precepts of Buddhism being 'do not kill' and participants were regularly encouraged to purchase books and CDs despite the anti-consumerism position that runs through Buddhist teachings²¹. This information allowed me to approach the assignment from a more critical position however on completion I believe that Buddhist teachings and Enlightenment techniques provide more positive influences for individuals and society than negative ones – Lifeline South Coast definitely has the right idea!

I have attached PDF copies of the brochure and calendar for you to have a look at.

Thank you again for your help and suggestions!

Kind Regards,

Meghan

Attachments: Lifeline South Coast Enlightenment Brochure.pdf
Mindfulness Calendar.pdf

²⁰ Kemmer, L. 2008, 'Engaged Buddhism in Retreat', *Human Architecture: Journal of the Sociology of Self Knowledge*, VI, No. 3, p.135-144

²¹ *Ibid*, p. 139

References: Information Pack & Dialogue Compiled

Articles

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Books

Feeling Good: 100 Ways to Feel Better Everyday, 2004, Ceridian Corporation, Minneapolis, U.S.A. accessed 21/10/08, <http://www.docstoc.com/docs/859575/101-Ways-to-Feel-Better-Every-Day---Feeling-Good-Ebook-Guide> [ebook]

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STS390 Media, War & Peace
Support Document for Enlightenment Brochure
Student No. 2961775

Referencing & Footnotes

¹ Whalen-Bridge, J. (2008), 'Enlightenment (Zen Buddhist)', *Theory, Culture & Society*, Vol. 23, No. 2-3, p. 179.

Vagueness of definition exists, as the true nature of mind and universe remains indefinable.

² Groth-Marnat, G. (1992), 'Buddhism and Mental Health', in Schumaker, J. (ed.) *Religion and Mental Health*, Oxford University Press, U.S.A, p. 171

BBC, (2006) *Religion & Ethics-Buddhism*, accessed 17/10/08, available <http://www.bbc.co.uk/religion/religions/buddhism/>

Buddhism has divided into a number of different systems. The different systems accept many of the same fundamental teachings as correct and there is little friction between any of these groups. The best way to regard the different types of Buddhism is as alternative paths to Enlightenment. Another way is to realise that while each type is found in many countries, each is strongest in particular parts of the world.

The main schools of Buddhism:

- **Theravada Buddhism** is strongest in Sri Lanka, Cambodia, Thailand, Laos and Burma (Myanmar). It is sometimes called Southern Buddhism and is one of the largest subdivisions of Buddhism.
- **Mahayana Buddhism** is not a single group but a collection of Buddhist traditions.
- **Korean Zen (Son) Buddhism** focuses on the enlightenment of a sudden awakening.
- **Nichiren Buddhism** differs from other schools of Buddhism in focusing on this world, and in its view that it is the only correct tradition.
- **Pure Land Buddhism** offers a way to enlightenment for people who can't handle the subtleties of meditation, endure long rituals, or just live especially good lives.

- **Tibetan Buddhism** is a religion in exile, forced from its homeland when Tibet was conquered by the Chinese. This article is a detailed look at its history and practices.
- The essence of **Zen Buddhism** is achieving enlightenment by seeing one's original mind (or original nature) directly; without the intervention of the intellect.
- Some Buddhists and non-Buddhists regard the **New Kadampa Tradition** as a cult, but the organisation has continued to grow.

³ Nhat Hanh, T. (2007), *For a Future to be Possible: Buddhist Ethics for Everyday Life*, 2nd edn, Parralax Press, Canada.

⁴ Buddhism. (2008) *Encyclopædia Britannica* [online] Accessed 19/10/2008, available <http://search.eb.com.ezproxy.uow.edu.au:2048/eb/article-68653>

One of the fundamental doctrines of Buddhism, the Four Noble Truths are said to have been set forth by the Buddha, the founder of the religion, in the first sermon he gave after his enlightenment. Although the term Four Noble Truths is well known in English, it is a misleading translation of the Pali term Cattari-aya-saccani because noble refers not to the truths themselves but to those who understand them. A more accurate rendering, therefore, might be 'four truths for the noble'; they are four facts that are known to be true by those with insight into the nature of reality but that are not known to be true by ordinary beings. The Truths are accepted by all schools of Buddhism and have been the subject of extensive commentary.

⁵ The Big View, (1999), *Buddhism*, accessed 17/10/08, available <http://www.thebigview.com/buddhism/index.html>

The Noble Eightfold Path serves as a brief summary of the personal discovery of the Buddha. It is a practical guideline to ethical and mental development with the goal of freeing the individual from attachments and delusions; and it finally leads to understanding the truth about all things. Together with the Four Noble Truths it constitutes the gist of Buddhism.

⁶ *Ibid.*

⁷ BBC, (2006) *Religion & Ethics-Buddhism*, accessed 17/10/08, available <http://www.bbc.co.uk/religion/religions/buddhism/>

In the early 1960s, Thich Nhat Hanh founded the School of Youth for Social Services (SYSS) in Saigon; a grassroots relief organization that rebuilt bombed villages, set up schools and medical centers, and resettled families left homeless during the Vietnam War. He traveled to the U.S. a number of times to study at Princeton University, and later to lecture at Cornell University and teach at Columbia University. His main goal of those travels, however, was to urge the U.S. government to withdraw from Vietnam. He urged Martin Luther King, Jr. to oppose the Vietnam War publicly, and spoke with many people and groups about peace. After visiting the U.S. and Europe in 1966 on a peace mission, Thich Nhat Hanh was banned from returning to Vietnam. In a January 25, 1967 letter to the Nobel Institute in Norway, King nominated him for the Nobel Peace Prize.

⁸ Nhat Hanh, T. (2002), 'The Fourteen Precepts of Engaged Buddhism', *Social Policy*, Fall, pp. 39-40.

⁹ Nhat Hanh, T, Ho, M & Mai, D, (1975), *Miracle of Mindfulness and Introduction*, Beacon Press, Boston.

¹⁰ Plum Village, n.d. accessed 02/10/08, <http://www.plumvillage.org>

The Fourteen Mindfulness Trainings Were Created by Thich Nhat Hanh and The Order of Interbeing (an engaged Buddhism group) as a guideline for mindful living and the pursuit of Enlightenment.

- The First Mindfulness Training: Openness
- The Second Mindfulness Training: Nonattachment from Views
- The Third Mindfulness Training: Freedom of Thought
- The Fourth Mindfulness Training: Awareness of Suffering
- The Fifth Mindfulness Training: Simple, Healthy Living
- The Sixth Mindfulness Training: Dealing with Anger
- The Seventh Mindfulness Training: Dwelling Happily in the Present Moment
- The Eighth Mindfulness Training: Community and Communication
- The Ninth Mindfulness Training: Truthful and Loving Speech
- The Tenth Mindfulness Training: Protecting the Sangha
- The Eleventh Mindfulness Training: Right Livelihood
- The Twelfth Mindfulness Training: Reverence for Life
- The Thirteenth Mindfulness Training: Generosity
- The Fourteenth Mindfulness Training: Right Conduct

¹¹ Plum Village, n.d. accessed 02/10/08, <http://www.plumvillage.org>

BBC, (2006) *Religion & Ethics-Buddhism*, accessed 17/10/08, available <http://www.bbc.co.uk/religion/religions/buddhism/>

In the most general definition, meditation is a way of taking control of the mind so that it becomes peaceful and focused, and the meditator becomes more aware. There are a number of methods of meditating - methods which have been used for a long time and have been shown to work. People can meditate on their own or in groups. Meditating in a group has the benefit of reminding a person that they are both part of a larger Buddhist community, and part of the larger community of beings of every species.

Some classical meditation methods use the meditator's own breathing. They may just sit and concentrate on their breathing, not doing anything to alter the way they breathe, not worrying about whether they're doing it right or wrong, not even thinking about breathing; just 'following' the breathing and 'becoming one' with the breathing.

¹² Kemmer, L. 2008, 'Engaged Buddhism in Retreat', *Human Architecture: Journal of the Sociology of Self Knowledge*, VI, No. 3, p.135-144

¹³ Groth-Marnat, G. (1992), 'Buddhism and Mental Health', in Schumaker, J. (ed.) *Religion and Mental Health*, Oxford University Press, U.S.A

¹⁴ *Ibid.*, 279

¹⁵ The Good Mood Safari, (2008), accessed 16/10/08, <http://www.goodmoodsafari.org.au/>

¹⁶ Lifeline South Coast, (2007), accessed 02/10/08, <http://www.lifeline.org.au/southcoast>

¹⁷ Activities devised based on suggestions taken from:

Exercises, Activities & Helpful Hints: Mindfulness in Everyday Life, (2005), Black Dog Institute, Randwick, Australia

Feeling Good: 100 Ways to Feel Better Everyday, (2004), Ceridian Corporation, Minneapolis, U.S.A. accessed 21/10/08, <http://www.docstoc.com/docs/859575/101-Ways-to-Feel-Better-Every-Day---Feeling-Good-Ebook-Guide> [ebook]

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Images

Asian Leaf Pattern

<http://www.countryquilting.com.au/Patterns%20small/asian%20leaves%20copy.jpg>

Temple

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Thich Nhat Hanh

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Quotes

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