

A Day in the Life of a Buddhist



Guidelines to Live By:

Find God in everybody.

Be humble, kind, and compassionate.

Mantra:

Turn to Wang Wei's poems, for example, "Dear Park".

Buddhist Practice

A Day in the Life ...

Daily Practice:

A) Morning:

Morning meditation

B) Throughout the day:

Observe the Five Buddhist Precepts

- abstain from taking life
- abstain from taking what is not given
- abstain from sensuous misconduct
- abstain from false speech
- abstain from intoxication

Acts of Kindness/Charity

C) Evening:

Join Lorenzo Garbo for a Zazen session in the Meditation room (Larsen 210), 5.15 pm.

Evening meditation, study

Advice to Participants:

Practice meditation, mindfulness, and tolerance.

Develop a sense interdependence.

Embrace imperfection and live in the current moment.

Hope for Participants:

That they would understand that religion is not only "religion" but also philosophy and culture.