

The Buddhist Precepts and Climate Change

"It is important that we forgive the destruction of the past and recognize that it was produced by ignorance. At the same time, we should re-examine, from an ethical perspective, what kind of world we have inherited, what we are responsible for, and what we will pass on to coming generations."

— His Holiness the Dalai Lama

All the precepts are mindfulness practices, reminders of the ethical values that guide our choices in our daily lives. This six class series will focus on the beneficial aspects of the Buddhist precepts in order to counterbalance the inevitable loss and grief of climate change. In dialogue, exercises and home practices, the class will explore together the complexity of choices we face for living honestly and generously in a way that supports all life even as larger forces move in the opposite direction. Our goal is to foster Dharma friends who support and encourage each other as well as reaching out to others with wisdom and compassion as the world as we know it changes, and changes, and changes again.

MEETING TIMES: Classes will be held at the Sacramento Dharma Center from 1:00pm — 3:00pm, Friday afternoons from May 17 — June 21, 2019

REGISTRATION INFORMATION: To register, email: dianegwilde@gmail.com
Registration fee is a sliding scale, \$15 — \$35. Checks made out to the Sacramento Dharma Center will be collected at the first meeting. **NO ONE WILL BE TURNED AWAY DUE TO LACK OF FUNDS.**

FACILITATORS: Rev. Diane Wilde and Rev. Dr. Susan Taylor

- 1** *I undertake the training of not harming or killing living beings. **Kindness and Compassion.***
I will develop compassionate concern for all living beings in the vast web of life.
- 2** *I undertake the training of not taking what is not freely given. **Generosity and Nonattachment.***
I will use the climate crisis as a catalyst to acknowledge the consequences of my cravings. I will make generous use of my time and energy to benefit the well being of all life.
- 3** *I undertake the training of refraining from sensual misconduct. **Respect.***
In my personal life, I will recognize the value of contentment and sufficiency in regard to all my relationships, with all sentient beings, with material goods, and with the earth.
- 4** *I undertake the training of refraining from lying. **Honesty and Truthfulness.***
I will speak openly and skillfully whenever possible about the harm that is being caused by greed, aversion and delusion that adversely affects our earth and all life. I will join with others to peacefully work to insure that businesses and governments commit to protecting our earth.
- 5** *I will avoid intoxicants that lead to heedlessness. **Health and Mindfulness.***
I will be mindful of the harm I can cause due to heedlessness. Mindfully making healthy choices, I will avoid addicting substances and behaviors that harm myself and other living beings.

