
THE BUDDHA'S TEACHINGS

Do not pursue the past.
The past no longer is.
Do not lose yourself in the future.
The future has not yet come.
Looking deeply at life as it is in the
very here and now,
The practitioner dwells in
stability and freedom.
We must be diligent today.
To wait till tomorrow is too late.
Death comes unexpectedly.
How can we bargain with it?
The sage calls a person who dwells
in mindfulness night and day
“the one who knows the better way
to live alone”.



THE BUDDHA

The Buddha, Siddhattha Gotama, lived in North India in the 6th century B.C. His father, Suddhodana, was the ruler of the kingdom of the Sakyas (in modern Nepal). His mother was queen Maya. According to the custom of the time, prince Siddhattha was married quite young, at the age of 16, to a beautiful and devoted young princess named Yasodhara. The young prince lived in his palace with every luxury at his command. But all of a sudden, confronted with the reality of life and the suffering of mankind, he decided to find the solution—the way out of this universal suffering. At the age of 29, soon after the birth of his only child, he left his kingdom and became an ascetic in search of this solution. For six years the ascetic Gotama wandered about the valley of the Ganges, meeting famous religious teachers, studying and following their systems and methods, and submitting himself to rigorous ascetic practices. They did not satisfy him. So he abandoned all traditional religions and their methods and went his own way. One evening, seated under a tree, on the bank of the river Neranjara at Buddha-Gaya, at the age of 35, Gotama attained Enlightenment, after which he was known as the Buddha, “The Enlightened One”.

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Books to be studied:

Module 1:

No Mud No Lotus

The secret to happiness is to acknowledge and transform suffering, not to run away from it - practices to transform suffering and find joy.

Reconciliation

healing the inner child

Anger, sadness and fear can become joy and tranquility - practices to bring healing and release for people with childhood trauma.

Module 2:

How to Love

You can only love another when you feel true love for yourself - practices to heal and deepen loving relationships.

Taming the Tiger Within

Meditations on transforming difficult emotions.



ABOUT THE AUTHOR

Zen Master Thich Nhat Hanh was a world-renowned spiritual teacher and peace activist. Born in Vietnam in 1926, he became a Zen Buddhist monk at the age of sixteen. Exiled from Vietnam in 1966 for promoting peace, his teachings on Buddhism as a path to social and political transformation are responsible for bringing the mindfulness movement to Western culture.

ABOUT MINDFULNESS

Every time you feel lost, alienated, or cut off from life, or from the world, every time you feel despair, anger, or instability, practice going home. Mindful breathing is the vehicle that you use to go back to your true home.

From the book "Reconciliation"

May I be peaceful, happy and light in body and spirit.

May I be safe and free from injury.

May I be free from anger, afflictions, fear, and anxiety.

May I learn to look at myself with the eyes of understanding and love.

May I be able to recognize and touch the seeds of joy and happiness in myself.

May I learn to identify and see the sources of anger, craving, and delusion in myself.

May I know how to nourish the seeds of joy in myself every day.

May I be able to live fresh, solid, and free.

May I be free from attachment and aversion, but not be indifferent.