

East Dorset Buddhist Group



Do not pursue the past.
Do not lose yourself in the future.
The past no longer is.
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.

The Bhaddekaratta Sutta

What is Buddhism?

Buddhism is a way of liberation from the unsatisfactory nature of life lived from the limited standpoint of a false sense of a separate individual self. The Buddhist path is not one of escape but rather a letting go of all limited positions so that there is a natural opening to all that is and a genuine insight into the way things really are. Buddhist practice is not based on belief but rather on an attitude of finding out for oneself through a combination of daily life practice supported by regular meditation.

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Purpose

To provide an opportunity to experience sitting meditation with a group; read, listen to and discuss Buddhist teachings and practice, and give information about other possibilities to practice further.

Meetings

The group, which is non-sectarian, meets on the second and fourth Thursday of each month between 10:30 a.m. and 12:30 p.m. at St Michael's Church Centre. The meetings begin with a 30 minute period of sitting meditation which is preceded and concluded by some brief chanting. For those new to meditation there is the possibility of basic instruction. The group then usually reads a Buddhist book or text which is discussed informally, or occasionally a tape by a Buddhist teacher is listened to and then discussed. Meetings may end with a further short period of meditation. No charge is made for meetings but a small donation may be placed in the dana bowl. No experience is necessary to attend meetings and anyone interested will be made welcome.

Resources

The group has a small library and collection of tapes and can provide information about other groups in Dorset and further afield and the Buddhist teaching traditions available. The group does not have a qualified teacher but group members will do their best to answer any questions newcomers may have or give guidance as to where the query might best be directed.

Contacting the Group

Contact may be made via the Parish Clerk on the Colehill Parish Council website.

Suggested reading

Introduction to Buddhism

What the Buddha Taught - Walpola Rahula

Buddhist Texts

The Dhammapada

Our Appointment with Life - Thich Nhat Hanh

Theravadan Buddhism

Being Nobody, Going Nowhere - Ayya Khema

The Mind and the Way - Ajahn Sumedho

Tibetan Buddhism

The Tibetan Book of Living and Dying - Sogyal Rinpoche

Cutting Through Spiritual Materialism - Chogyam Trungpa

Zen Buddhism

Zen Mind, Beginner's Mind - Shunryu Suzuki

Gentling the Bull - Venerable Myokyo-ni

