Welcome to the Center for Buddhist Studies Community Wellness Digest!

We respectfully acknowledge the traditional territories of the Tohono O’odham and the Pima, and the Treaty of 1856 between the U.S. and the Pima and Tohono O’odham Nations. We also recognize the traditional territories of the Hohokam, and offer our respect to their ancestors and present-day descendants.

In this monthly email, we share wisdom from Buddhist teachings you can use in your daily life, wellness tips, and information about university and community events. After you read this issue, please consider joining our community by subscribing to our email list.

If you would like to receive monthly emails on this topic, please sign up for our email list. If you have already signed up for our email list, please emailing buddhist-studies@email.arizona.edu to update your preferences.

Recommended Reading

- Buddhism and Ecology: O'Dham and the Yaqui. Committed to diversity and inclusion, the University strives to build sustainable relationships with sovereign Native Nations and Indigenous communities through education offerings.
- Taiwan's Socially Engaged Buddhist Groups
- Green Buddhism: Development and Spiritual Transformation
- Global Healing: Essays and Interviews on Structural Violence, Social Holiness. The Dalai Lama, John D. Dunne, Ph.D.
- Leading Thinkers on Climate Change: Ecology, Ethics, and Interdependence. The Dalai Lama in Conversation with Ecodharma
- Buddhist Environmentalism in Contemporary Japan. Ryûken Williams, Ph.D.

Buddhism and Ecology

Recommended Reading

FIVE WAYS TO PRACTICE ECO DHARMA

As a vegetarian and avid hiker, I find many ideas for ways that you can introduce ecodharma practices into your daily life: meatless Monday, water conservation, mindful consumption, and more. In every corner of the globe, we are witnessing firsthand the impacts of climate change on humans, wildlife, and ecosystems. In this issue of our Community Wellness newsletter, we explore the relationship with the natural world? How can Buddhist activists inspired by Buddhism have modern environmentalists been applying Buddhist teachings to inspire collective political change and vice versa?

ECO DHARMA MOVEMENT

The Community Wellness Editorial Team

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Sincerely,

[Image: Email and unsubscribe links]