

COMMUNITY WELLNESS

Buddhism and Ecology:

Community Wellness Digest Vol. 1, No. 7 (November 2021)

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Editors: Jiang Wu and Hannah Greene

Contributors: James Baskind, Manojkumar Saranathan, Jeffrey Liu

Welcome to the Center for Buddhist Studies Community Wellness Digest!

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 a successful launch in Spring 2021, we are expanding the newsletter with a team of expert contributors and new sections. Each month will feature a theme--this month we explore **Buddhism and Ecology**.

The opinions expressed in the books, articles, and websites referenced in this newsletter are those of the original authors and publishers, and do not necessarily reflect those of the Center for Buddhist Studies, the editors, the editorial board, or the organization to which the authors are affiliated. If you have questions concerning these opinions, please contact the original authors and their publishers.

If you would like to receive monthly emails on this topic, please sign up for our email list [here](#) and select the group "Community Wellness Newsletter." For those who have already signed up for our email list, please [update your preferences](#) to include "Community Wellness Newsletter."

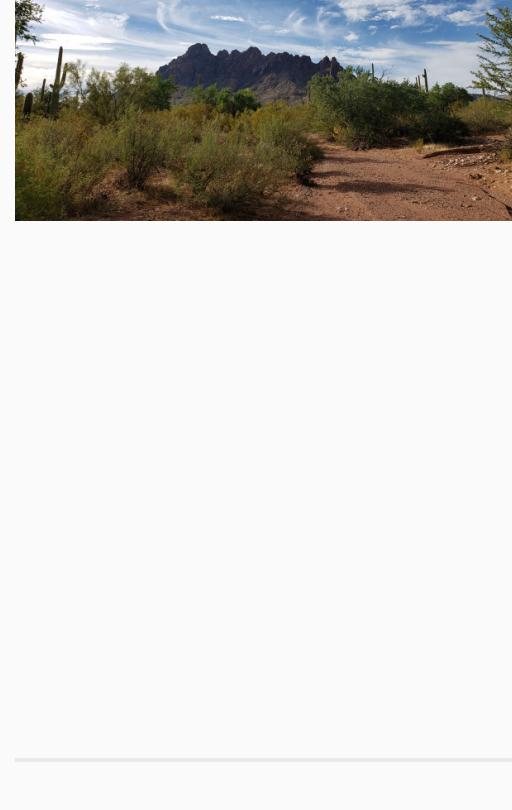
Next month, we explore **Buddhism and Health**. Let us know what you think by emailing buddhist-studies@email.arizona.edu. Enjoying the newsletter? Hit the buttons below and share it with your network.

Sincerely,
Jiang Wu
Director, Center for Buddhist Studies

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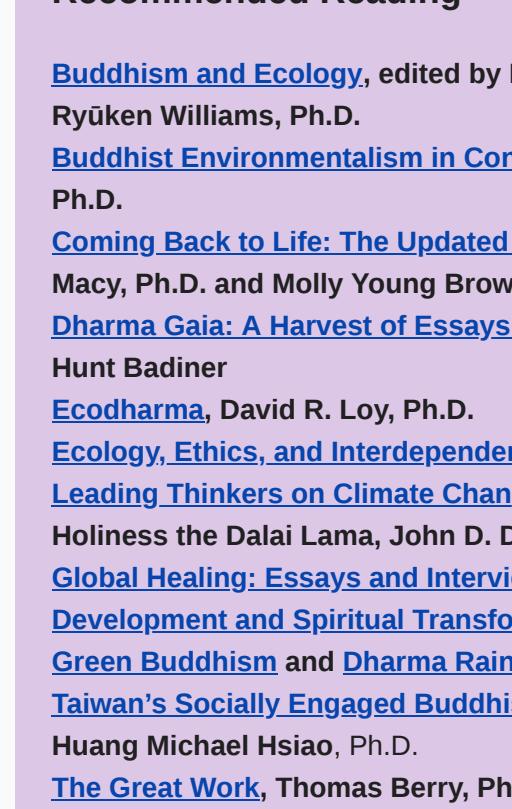
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ECODHARMA: A MODERN GLOBAL MOVEMENT

Extended wildfire season in the American West, deadly floods in Europe, sea level rise threatening island nations, severe heat waves. 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 Buddhist perspectives on the climate crisis. How can Buddhist teachings help us understand our relationship with the natural world? How have modern environmentalists been inspired by Buddhism to enact social and political change and vice versa?

[>>Read more](#)

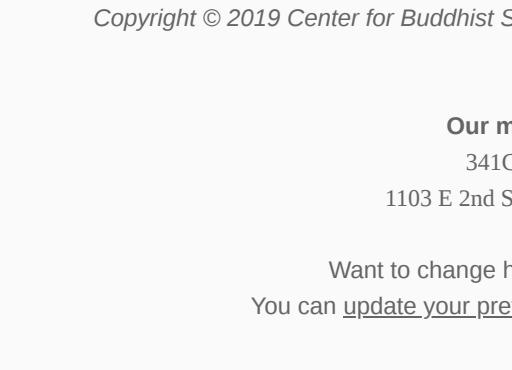


FIVE WAYS TO PRACTICE ECODHARMA

As a vegetarian and avid hiker, I find many opportunities to invite ecodharma principles into my daily rhythm. I especially enjoy introducing my five-year-old son to the wonders of nature in the Sonoran Desert, where wildlife abounds and the effects of climate change (drought, wildfires, insect extinction) feel palpable and immediate. Here are a few ideas for ways that you can introduce ecodharma practices into your daily life: **Mountain Meditation**, **Mindful Consumption**, **Awareness in Nature**, **Meatless Monday**, and **Work for Systemic Change**.

-Hannah

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RESOURCES

The Community Wellness Editorial Team has compiled a list of resources encompassing local, national, and international environmental and ecodharma organizations. Please reach out to each organization via their website for more information about their activities and programs.

[>>Read more](#)

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LAND ACKNOWLEDGEMENT

We respectfully acknowledge the University of Arizona is on the land and territories of Indigenous peoples. Today, Arizona is home to 22 federally recognized tribes, with Tucson being home to the O'odham 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, partnerships, and community service.

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Our mailing address is:

341C, Harvill Building

1103 E 2nd St, Tucson, AZ 85721-0076

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