



Why Buddhism?

Learn from Buddhist-related topics, ask questions and discuss together how to apply Buddhism in everyday life.

24th October: What's Shinnyo Buddhism?

This opening session explores the beginning of Buddhism, its main features, and introduces the three major traditions of Buddhism - Theravada, Mahayana, and Esoteric - presenting Shinnyo Buddhism within this context.

21st November: Why Chant?

Chanting is one of the traditional devotional practices in Buddhism that helps create positive karma. Introducing the chanting found in Shinnyo Buddhism, this session invites an opportunity to try chanting for yourself.

12th December: Why Meditate?

The contemporary interest in meditation opens a world of numerous meditative forms from both spiritual and non-spiritual contexts. This session introduces what is fundamental to most forms of meditation including Buddhism, before exploring the practice of meditation at Shinnyo-en.

January 2023: How to Build a Brighter Future

In this teaching, Her Holiness Shinso, the head of Shinnyo-en, explores how our innate gifts and purpose can be uncovered by engaging in spiritual practice. Her talk is illustrated with examples from the lives of Shinnyo-en's founders, Masters Shinjo and Tomoji, who taught by example, persevered through life's setbacks, and acted with wisdom and loving compassion.

February 2023: What's your Life Stance?

Buddhism helps us to reflect on our view of life, or life stance, to gain insight, compassion, and bring out our positive qualities or buddha nature. This session additionally explores how Shinnyo-en's meditative practice of *sesshin* nurtures awareness of the contributions we can make towards others well-being and the world.

March 2023: Should Buddhists have Egos?

This talk looks at the concept of 'no-self' or *anatman*, exploring how, by letting go of the stand-alone self, Buddhist practice nurtures the discovery of one's multi-faceted potential and provides a guideline for understanding ourselves and the world.

April 2023: What's a Buddhist Master?

A spiritual or religious 'master' is a role model to emulate, encouraging attainment of a path, like the founder of Buddhism, Shakyamuni. This talk introduces the role of master and disciple in Buddhism, exploring this relationship in terms of

Shinnyo

'apprenticeship' and openness to learning from, and cultivating, paths towards wisdom.

May 2023: What's Buddhist Ritual and Why?

Ceremonies, services, or liturgies are an integral part of Buddhist practice. Buddhism and Shinnyo-en contain many more elements for practice than meditation alone. This talk introduces the role of rituals as active, participatory ceremonies that inspire awakening through applying Buddhist principles in daily life.

June 2023: A World of Friendship

This talk explores steps to achieving a world of friendship by bringing out inner goodness and drawing inspiration from the harmonising qualities expressed in Shinnyo-en's fire and water ceremonies. The session invites you to reflect on the transformative potential of prayerful action and shared experiences.

July 2023: Applying Buddhism in Everyday Life ~ ½ day workshop and social