

Buddhist Resources by
Congregate Charlottesville

www.congregatecville.com [@congregateville](https://twitter.com/congregateville)

We hope these resources will help your community remember the tragic events of last August and also allow your community to repent for complicity in white supremacy, honor the resiliency of marginalized communities, and enter streams of repair.

*the Buddha left his father's castle
to learn about
the suffering of the world.
How often do we
extend ourselves
outside the realms of our own privilege
in order to become familiar with the suffering of others?
----Rosa Zubizarreta*

Introduction:

As there are many variations among the multiple Christian denominations, so there are variations among the multiple schools of Buddhism found in the West. Schools present in the West include Insight Meditation Society, Zen, Pure Land, Tibetan, Shambhala and many others. In the West, the practice of meditation is emphasized while historically in the East, it is more of a monastic than lay endeavor. Generally speaking, meditation practice includes following the breath and noticing body sensations as well as awareness into activities including walking or eating. It also includes practices such as Loving-Kindness (metta) meditation. Buddhist practice also involves bringing awareness and ethics to our individual and communal lives and to the larger world. Buddhist Services (the term "worship" is a misnomer as the historical Buddha is many things across traditions but always a human being, not a god), also vary across traditions. Many include meditation, either silent or guided, a Dharma talk, typically given by a recognized teacher, and may also include chanting.

The resources included here are not representative of all Buddhist schools in the West. Rather, these resources serve as examples of how some traditions, in the process of becoming more inclusive, are thinking about and addressing race and racism both in society and in practice. The list is simply a beginning of what we hope will be a growing list of resources helpful to Buddhist communities in addressing white privilege and patriarchy and, as we work towards inclusion, turn our ears towards teachers of various backgrounds and experience including teachers of color. As many Buddhist sanghas strive to awaken together, we realize that the Buddhist experience in the West has been very privileged. Through the leadership of teachers such as Rev. Angel Kyodo Williams, Ruth King and Lama Rod Owens, Buddhist practice is starting to include and welcome many who felt unheard and unrecognized in Western Buddhist communities. Slowly the Dharma wheel is turning. Let's join in turning it.

Deep Bows,
Ann Marie (Shinko) Smith
Insight Meditation Community of Charlottesville and
New York Zen Center for Contemplative Care

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Guided Meditation:

[The Racial Awareness Rubrik Meditation](http://dharmaseed.org/teacher/539/) (24 mins) by Ruth King
<http://dharmaseed.org/teacher/539/>

[Loving-Kindness \(Metta\) Meditation](#) by Ruth King from *Mindful of Race*

[Warrior-Spirit Prayer of Awakening](#) by Angel Kyodo Williams

Dharma Talks:

[The Racial Awareness Rubrik Talk](#) (63 mins) by Ruth King

[The Racial Awareness Rubrik: What We Forget but Must Remember](#) – “Explores six hindrances to racial harmony and six principles that support a culture of care.” (44 mins) by Ruth King

[Various Dharma talks as well as other discussions](#) on Charlottesville, activism, Black theology and Radical Dharma by Lama Rod Owens

[On Race and Buddhism by Hozan Alan Senauke](#) (text begins on page 33)

Chanting:

Verse of Atonement:

*All evil karma ever committed by me since of old,
On account of my beginningless greed, anger and ignorance,
Born of my body, mouth, and thought,
Now I atone for it all. (3x)*

[Verse of Atonement](#) with additional instructions for a day of atonement

[Repentance Before the 88 Buddhas: A piece on Buddhist Repentance by the Venerable Kungmu](#)

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Bodhisattva Vows:

*Sentient beings are numberless, I vow to save them.
Delusions are inexhaustible, I vow to put an end to them.
The Dharma is boundless, I vow to master it.
The Buddha way is unattainable, I vow to attain it. (4x)*

[Explanation of Bodhisattva Vows](#) by Robert Aiken

[I Vow](#) by Sensei Sandra Jishu Holmes

Other Talks:

[On Being: The World is Our Field of Practice](#) Rev. Angel Kyodo Williams with Krista Tippett, April 2018

[It's Not About Love After All](#) Rev. Angel Kyodo Williams' Ted Talk, January 2017

[The Conversation: Exploring Race, Racism and Our Buddhist Practice](#) with Angel Kyodo Williams and Greg Snyder, February 2015

Books:

[Dharma, Color and Culture: New Voices in Western Buddhism](#) edited by Hilda Gutierrez Baldoquin

[Mindful of Race: Transforming Racism from the Inside Out](#) by Ruth King

[The Way of Tenderness: Awakening through Race, Sexuality, and Gender](#) by Zenju Earthlyn Manuel

[Radical Dharma: Talking Race, Love and Liberation](#) by Rev. Angel Kyodo Williams and Lama Rod Owens

[Awakening Together: The Spiritual practice of Inclusivity and Community](#) by Larry Yang

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Paper:

[*Making the Invisible Visible: Healing Racism in Our Buddhist Communities*](#)- presented to the Western Teachers Conference at Spirit Rock, Summer of 2000

Other Related Resources (Engaged Buddhism, Sexuality, Trauma, etc.):

Books:

[*Bearing Witness: A Zen Master's Lessons in Making Peace*](#) by Bernie Glassman

[*Love in Action: Writings on Nonviolent Social Change*](#) by Thich Nhat Hanh

[*Not Turning Away: The Practice of Engaged Buddhism*](#) by Susan Moon

[*Street Zen: The Life and Work of Issan Dorsey*](#) by David Schneider

Dharma Talks:

[*The Psychology of Resistance*](#) by Josh Korda from Dharma Punks

Article:

Zen Peacemakers Article on [*The Three Tenets: Not Knowing, Bearing Witness and Taking Action*](#)