



ONE CITY

A DECLARATION OF INTERDEPENDENCE

ETHAN NICHTERN

FOUNDER OF THE INTERDEPENDENCE PROJECT

*"Buddhism 3.0 meets the global consciousness movement."
Daniel Goleman, author of *Social Intelligence**

One City A Declaration Of Interdependence

David R. Loy



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One City Ethan Nichtern,2011-05-01 What you wear What you say What you think ignore buy don t buy Welcome to One City Population Everyone where EVERYTHING you do matters You ve lived here your whole life whether you know it or not Ethan Nichtern the charismatic and creative force behind New York s upstart Interdependence Project is your guide to the beauty that is everywhere in the urban jungle in the rattling of subway trains the screechings of traffic the hum and drone of millions scurrying for work food sustenance art culture and meaning There may be no greater setting for exploring the great truth that Dr Martin Luther King Jr expounded Whatever effects one directly effects all indirectly One City melds Dr King s message with modern Buddhist wisdom to offer a new way of understanding what binds us all together no matter where we are no matter who With its pop culture savvy humor and literary liveliness One City will speak to and even it s fair to say help define the spiritually inclined conscious Next Generation In an Inescapable Network of Mutuality Lewis V. Baldwin,Paul

R. Dekar,2013-08-30 The scholarship on Martin Luther King Jr has too often cast him in the image of the Southern black preacher and the American Gandhi while ignoring or trivializing his global connections and significance This groundbreaking work written by scholars religious leaders and activists of different backgrounds addresses this glaring pattern of neglect in King studies King is treated here as both a global figure and a forerunner of much of what is currently associated with contemporary globalization theory and praxis The contributors to this volume agree that King must be understood not only as a thinker visionary and social change agent in his own historical context but also in terms of his meaning for the different generations who still appeal to him as an authority inspiration and model of exemplary service to humanity The task of engaging King both in context and beyond context is fulfilled in remarkable ways in this volume without doing essential violence to this phenomenal figure

Thich Nhat Hanh's Sociological Imagination: Essays and Commentaries on Engaged Buddhism—Plus Proceedings from the Panels on “Buddhist Contributions to Social Justice” at the Fifth International Buddhist Conference on the United Nations Day of Vesak held in Hanoi, Vietnam—May 2008

Mohammad H. Tamdgidi,2008-06-01 This Summer 2008 VI 3 issue of Human Architecture Journal of the Sociology of Self Knowledge is dedicated to an exploration of Thich Nhat Hanh s Engaged Buddhist philosophy and spiritual theory and practice from a sociological and social scientific vantage point to highlight the significance his teaching bears for the development of a self reflective globally humanist and environmentally concerned sociological imagination Included are several talks letters and a poem by Thich Nhat Hanh on the meaning and practice of Engaged Buddhism in regard to issues ranging from war and conflict the environment food industry and consumption and history of Engaged Buddhism Other articles put his views in social science and sociological contexts specifically exploring the overlapping landscapes of Engaged Buddhism with Pragmatism Deep Ecology sociological imagination and ideological analysis Other contributions are illustrative of the ways in which Thich Nhat Hanh s teachings have engaged contexts such as international conflict the

classroom urban policing traumatized populations economic theory environmental crisis and family loss and trauma A critical commentary by a participant s experience of attending one of Thich Nhat Hanh s retreats in 2005 is also included followed by a response from a representative of the Plum Village community in France Contributors include Thich Nhat Hanh Winston Langley Michael C Adorjan Benjamin W Kelly Julie Gregory Samah Sabra Darren Noy Sujin Choi Marc Black Samiyeh Sharqawi Richard Brady Michael J DeValve Cary D Adkinson Robert Brian Wall Glenn Manga Angela Tam Karen Hilsberg Lisa Kemmerer Bhikshuni Chan Tung Nghiem Barbara Newell Robert Andrew Parker and Mohammad H Tamdgidi also as journal editor in chief Human Architecture Journal of the Sociology of Self Knowledge is a publication of OKCIR The Omar Khayyam Center for Integrative Research in Utopia Mysticism and Science Utopystics For more information about OKCIR and other issues in its journal s Edited Collection as well as Monograph and Translation series visit OKCIR s homepage

The Road Home Ethan Nichtern,2015-04-21 A lively exploration of contemporary Buddhism from one of its most admired teachers In this wise and witty invitation to Buddhist meditation Ethan Nichtern a senior teacher in the Shambhala Buddhist tradition investigates the journey each of us takes to find where we belong Drawing from contemporary research on meditation and mindfulness and from his experience as a Buddhist teacher and practitioner Nichtern describes in fresh language the basic existential experience that gives rise to spiritual seeking and also to its potentially dangerous counterpart spiritual materialism He explains exactly how by turning our awareness to what s happening around us and inside us we become able to enhance our sense of connection with others and at the same time change for the better our individual and collective patterns of greed apathy and inattention The Road Home shows that in order to create a truly compassionate and enlightened society we must start with ourselves And this means beginning by working with our own mind in whatever state we find it One of Library Journal s Best Books of 2015 in Religion and Spirituality One of Tech Insider s Nine Books That Defined 2015 Praise for The Road Home The Road Home is a guidebook a compass a map and a trusted companion and as a wanderer I am forever grateful Ruth Ozeki author A Tale for the Time Being Nichtern is as gifted and compassionate a teacher in writing as he is in person I ve dog eared my copy so thoroughly it s swollen to twice its normal size Maud Newton Makes ancient Buddhist teachings and texts approachable contemporary and relevant Valuable for readers looking for an introduction to Buddhist teachings as they relate to meditation practice or for those searching for ways to live their lives in the here and now Library Journal starred review

An Introduction to Engaged Buddhism Paul Fuller,2021-08-12 This textbook introduces and explores the ideas practices and philosophy of engaged Buddhism The movement holds that suffering is not just caused by the cravings of the mind but also by political and social factors therefore engaged Buddhists engage with social issues to achieve liberation Paul Fuller outlines the movement s origins and principles He then offers a comprehensive analysis of the central themes and issues of engaged Buddhism offering new insights into the formation of modern Buddhism The range of issues covered includes politics gender environmentalism identity blasphemy and violence

These are illustrated by case studies and examples from a range of locations where Buddhism is practised Discussion points and suggested further reading are provided at the end of each chapter which will further enrich undergraduates grasp of the topic

Warrior-King of Shambhala Jeremy Hayward, 2008 Ch gyam Trungpa was born in Tibet and strictly trained in the manner traditional for re incarnations of great teachers At the age of 19 he led 300 people over the Himalayas to India in a dramatic escape recounted in his autobiography Born in Tibet Over the following 30 years Trungpa became one of the foremost pioneers of Tibetan Buddhism in the West He was also a highly controversial figure considered by many to be one of the greatest Buddhist teachers ever to come to the west and viewed with suspicion by others He taught in a style that went altogether beyond conventional ideas of what a holy man should be like dressing in ordinary western clothes drinking and taking sexual consorts He taught in English with a direct and penetrating voice that drew to him many intelligent young students These memoirs tell the story of the author Jeremy Hayward a close student and friend of Trungpa Rinpoche who became a senior teacher and administrator in the organizations Rinpoche established This intimate chronological account opens with Hayward s first meeting with Trungpa Rinpoche in 1970 and progresses year by year until Rinpoche s death and beyond Each chapter year includes some discussion of the teachings that Rinpoche was presenting at that time as well as the context and atmosphere in which these teachings occurred and the evolution of the society and organizations which he inspired The book should be of interest to all students of Buddhism as well as others interested in the evolution of Buddhism in the west and possibly other seekers on the spiritual path

Real Happiness, 10th Anniversary Edition Sharon Salzberg, 2019-12-24 A New York Times best seller now revised and updated with new exercises and guided meditations An inviting gateway to the interior territory of profound well being and wisdom Jon Kabat Zinn author of *Wherever You Go There You Are From* Sharon Salzberg a pioneer in the field of meditation and world renowned teacher acclaimed for her down to earth style *Real Happiness* is a complete guide to starting and maintaining a meditation practice Beginning with the simplest breathing and sitting techniques and based on three key skills concentration mindfulness and lovingkindness it s a practice anyone can do and that can transform our lives by bringing us greater resiliency creativity peace clarity and balance This updated 10th anniversary edition includes exercises journal prompts and ten guided meditations available for download online and through scannable QR codes

Real Happiness Sharon Salzberg, 2010-12-29 Thousands of years prove it and Western science backs it Meditation sharpens focus Meditation lowers blood pressure relieves chronic pain reduces stress Meditation helps us experience greater calm Meditation connects us to our inner most feelings and challenges our habits of self judgment Meditation helps protect the brain against aging and improves our capacity for learning new things Meditation opens the door to real and accessible happiness There is no better person to show a beginner how to harness the power of meditation than Sharon Salzberg one of the world s foremost meditation teachers and spiritual authors Cofounder of the Insight Meditation Society author of *Lovingkindness Faith* and other books Ms Salzberg distills 30 years of teaching

meditation into a 28 day program that will change lives It is not about Buddhism it s not esoteric it is closer to an exercise like running or riding a bike From the basics of posture breathing and the daily schedule to the finer points of calming the mind distraction dealing with specific problem areas pain in the legs falling asleep to the larger issues of compassion and awareness Real Happiness is a complete guide It explains how meditation works why a daily meditation practice results in more resiliency creativity peace clarity and balance and gives twelve meditation practices including mindfulness meditation and walking meditation An extensive selection of her students FAQs cover the most frequent concerns of beginners who meditate Is meditation selfish How do I know if I m doing it right Can I use meditation to manage weight

The Dharma of The Princess Bride Ethan Nichtern,2017-09-12 An engagingly contemporary approach to Buddhism through the lens of an iconic film and its memorable characters Humorous yet spiritually rigorous in the tradition of Zen and the Art of Motorcycle Maintenance and The Tao of Pooh drawing from pop culture and from personal experience The Dharma of The Princess Bride teaches us how to understand and navigate our most important personal relationships from a twenty first century Buddhist perspective Friendship Romance Family These are the three areas Ethan Nichtern delves into taking as departure points the indelible characters from Rob Reiner s perennially popular film Westley Fezzik Vizzini Count Rugen Princess Buttercup and others as he also draws lessons from his own life and his work as a meditation teacher Nichtern devotes the first section of the book to exploring the dynamics of friendship Why do people become friends What can we learn from the sufferings of Inigo Montoya and Fezzik Next he leads us through all the phases of illusion and disillusion we encounter in our romantic pursuits providing a healthy dose of lightheartedness along the way by sharing his own Princess Buttercup List and the vicissitudes of his dating life as he ponders how we idealize and objectify romantic love Finally Nichtern draws upon the demands of his own family history and the film s character the Grandson to explore the dynamics of the last frontier of awakening a reference to his teacher Chogyam Trungpa s claim that it s possible to be enlightened everywhere except around your family With The Dharma of The Princess Bride in hand we can set out on the path to contemporary Buddhist enlightenment with the most important relationships in our lives

Emptiness and Joyful Freedom Greg Goode,Tomas Sander,2013-08-01 The pinnacle of Buddhism s understanding of reality is the emptiness of all things Exploring reality towards the realization of emptiness is shockingly radical It uncovers an exhilarating freedom with nowhere to stand while engendering a loving joy that engages the world This path breaking book employs the emptiness teachings in a fresh innovative way Goode and Sander don t rely solely on historical models and meditations Instead they have created over eighty original meditations on the emptiness of the self issues in everyday life and spiritual paths These meditations are guided both by Buddhist insights and cutting edge Western tools of inquiry such as positive psychology neuroscience linguistic philosophy deconstruction and scepticism The result is a set of liberating and usable tools for Buddhists and non Buddhists alike

Weaving the Paths of Buddhism and Psychotherapy Helen Carter,2023-08-29 Weaving the Paths of

Buddhism and Psychotherapy is an empathic guide to integrating Eastern and Western wisdom traditions that share the common goal of easing distress. Following the so-called mindfulness revolution, there has been a surge in interest as to how Buddhism's overarching view on suffering may enhance therapeutic practice. This book is not just a clinical text; it is a first-person account of one Buddhist therapist-educator's lived experience of bringing Buddhism into the very personal and relational experience of psychotherapy. Western-trained therapists will recognize key concepts, the existential underpinnings of distress, driver behaviour, and scripts/modifications to contact such as projection and introjection. Relational conditions for healing, ethical considerations, and working with complex presentations and trauma, among others, are explored. Through autobiographical vignettes and case study material, the book offers an invitation to all therapists to consider their own practice of human being.

Hearts on Fire Jill Iscol, Peter W. Cookson, 2013-01-15
INSPIRING STORIES OF FOURTEEN VISIONARIES WHO MADE A DIFFERENCE IN THE WORLD AND A BOLD CALL TO ACTION TO MOTIVATE THE NEXT GENERATION OF LEADERS

There's Amy Lehman, a gutsy single mother who is building a floating health clinic on Lake Tanganyika; Jimmie Briggs, a journalist campaigning to stop violence against girls and women; and Jacob Lief, a young American who founded a school for street children in South Africa. You will discover how Josh Nesbitt, Isaac Holeman, and Nadim Mahmud are connecting rural patients to hospitals using cellphone technology; how Susana De Anda is bringing fresh water to the migrant workers in California's San Joaquin Valley; and how Andeisha Farid is establishing, in the face of war, orphanages for Afghanistan's child victims of war and poverty. These are just some of the stories that will inspire you. Visionaries don't wait for others to take action. They step out. They are brave. They walk the walk. And they connect with others in deep and real ways. Jill Iscol's message is that everyone has the talent and compassion to make the world a better place. Hearts on Fire is a call to action for all of us. Praise for Hearts on Fire: Attention must be paid to these lives and these stories. In Jill Iscol's capable hands, their stories offer us hope just when we need it. Brian Williams, NBC News. What inspiring stories of people who have made meaningful lives through service and sacrifice, one person at a time. These are our world leaders. Richard Gere. Hearts on Fire is one of the most inspiring books I've read. Tina Brown, editor in chief, The Daily Beast and Newsweek. Clear and compelling. I know you will be inspired by the visionaries in Hearts on Fire. President Bill Clinton. A powerful call to action for each of us to marry passion with purpose and act boldly in the quest for a more just and sustainable world. Cheryl Dorsey, president of Echoing Green. Powerful and eloquent. Hearts on Fire is a passionate and infectious invitation to get involved and help make the world a better place. Henry Louis Gates Jr., Alphonse Fletcher University Professor at Harvard University. A beautifully appointed treasure box filled with inspiration and possibility. You cannot read this book without wanting to do more. Jacqueline Novogratz, founder and CEO of Acumen Fund. A desperately needed antidote for those discouraged by the dysfunctional politics that have left so many on our planet vulnerable and voiceless. Billy Shore, founder and executive director of Share Our Strength. Hearts on Fire reminds us that we need to dream again, inspire again, and act again. Wes

Moore New York Times bestselling author of *The Other Wes Moore* Vivid down to earth and well told *Hearts on Fire* will comfort and inspire anybody trying to do a little bit to make this world a more connected and compassionate place Ethan Nichtern founder of The InterDependence Project and author of *One City A Declaration of Interdependence* Pavement Lin Jensen, 2007-03 Every day Lin Jensen has plops down a meditation cushion on the streets of Chico California and sits peace vigils to protest the U S invasion of Iraq his honest effort to change the world From his knee level spot on the pavement Jensen encounters a bracing array of what he calls uprights a heartbreakingly generous homeless man hostile passersby who scream Fuck you Peace Wimp White Wolf who punctuates every shouted comment with a sharp poke to Lin s chest compassionate soldiers all amid rain and bright sun exhaust and the scent of azaleas Jensen whose previous memoir *Bad Dog A Memoir of Love Beauty and Redemption in Dark Places* received wide acclaim here shares his struggles and helps us all learn more about humility generosity and what it really means to love our neighbors This is an inspiring good humored book especially for anyone who might work or wish for change but doesn t want to be just spitting in the wind *Buddhism in America* Richard Hughes Seager, 2012 This well informed book provides a comprehensive survey of a variety of Buddhist traditions in the contemporary U S its strength apart from being a mine of information is Seager s insistence on taking a historically informed and comparative perspective Religious Studies Review The Doctor Who Sat for a Year Brendan Kelly, 2019-03-22 As a psychiatrist Brendan Kelly is used to extoling the benefits of a daily meditation practice but following his own advice is a different story Finding the time to sit quietly every day isn t easy when you re already trying to juggle a stressful job a busy family life a cinema addiction a cake habit and low level feelings of guilt over an unused gym membership But this is the year he is going to do it Can he improve his life by meditating for 15 minutes every day Will it improve his relationships with his family and patients And will he ever be more Zen than Trixie the cat *The Doctor Who Sat for a Year* is a funny thoughtful and inspiring book about embracing both meditation and our imperfections An excellent introduction to the path of meditation The author describes both how difficult meditation can be in the face of daily distractions and ultimately how easy it becomes when simple choices are put in place Michael Harding **Money, Sex, War, Karm** David R. Loy, 2010-09-07 What s Wrong with Sex How to Drive Your Karma Consciousness Commodified The Karma of Food The Three Poisons Institutionalized Why We Love War These are just some of the chapters in this brilliant new book from David R Loy In little time Loy has become one of the Buddhist worldview s most powerful advocates explaining like no one else its ability to transform the sociopolitical landscape of the modern world In this his most accessible work to date he offers sharp and even shockingly clear presentations of oft misunderstood Buddhist staples the working of karma the nature of self the causes of trouble on both the individual and societal levels and the real reasons behind our collective sense of never enough whether it s time money sex security even war Loy s Buddhist Revolution is nothing less than a radical change in the ways we can approach our lives our planet the collective delusions that pervade our language culture and even our spirituality The

Buddha Walks into the Office Lodro Rinzler, 2014-09-09 Wisdom for Generation Next on how to make your work meaningful satisfying and of benefit to others Does it ever seem that a lot of the people you work with are well jerks This book is about how not to let work turn you into one of them Apply the simple Buddhist teachings and practices Lodro Rinzler provides here to whatever you do for a living and you ll not only avoid jerk hood but you ll be setting out on the path toward making your livelihood an expression of your inherent wisdom honesty and compassion You ll discover practical ways to bring mindfulness into administrative support cabinet making financial management nursing truck driving or latt brewing In the process you ll discover genuine empathy for the folks you once found so difficult You ll also learn leadership skills that apply compassion to management in a way that increases happiness along with efficiency This is career advice of the profoundest kind geared toward today s twenty and thirty something workers and job seekers whose employment outlook is radically different from that of a generation ago As Lodro shows even if the path of work shifts beneath your feet it s possible to make your livelihood a source of satisfaction and of deep meaning

Why the Dalai Lama is a Socialist Terry Gibbs, 2017-03-15 To the surprise of many the Dalai Lama recently declared that I am a socialist While many Buddhists and socialists would be perplexed at the suggestion that their approaches to life share fundamental principles important figures in the Buddhist tradition are increasingly framing contemporary social and economic problems in distinctly socialist terms In this novel and provocative work Terry Gibbs argues that the shared values expressed in each tradition could provide signposts for creating a truly humane compassionate and free society Hopeful about our potential to create the good society through collective effort Why the Dalai Lama is a Socialist is grounded in the fundamental belief that everyday human activity makes a difference

Do It Anyway Courtney E. Martin, 2010-10-13 If you care about social change but hate feel good platitudes Do It Anyway is the book for you Courtney Martin s rich profiles of the new generation of activists dig deep to ask the questions that really matter How do you create a meaningful life Can one person even begin to make a difference in our hugely complex globalized world

Mindfulness and Acceptance in Social Work Matthew S. Boone, 2014-05-01 Both social work and psychology stress the importance of understanding and addressing the contextual forces which contribute to human problems Now in Mindfulness and Acceptance in Social Work a clinical social worker brings together the top voices in social work and mindfulness based treatments in one volume The book offers social workers an introduction to evidence based mindfulness concepts and discusses how they can be applied to their profession It also includes brief interventions that can bring mindfulness and acceptance into daily practice

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