



RELIGIONS OF THE WORLD

and the

Golden Rule

taught by Dr. Albert Celozza

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Study Guide

BUDDHISM - and other South Asian Religions – Traditions and Practices

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Invocation (based on New Testament, Ephesians 4:25)

Oh Lord, as we work together...let us be the light that leads the world to you. God, teach us to be good role models to the people around us, so that when they see you and your love within us, they would want to know you more and more.

God grant us the patience to work together, bring us all together as a family.

Let us work together with understanding and compassion in our hearts. Let us not be rude or arrogant towards one another, as we light the way to your heavenly kingdom.

- *Christianstt (Resource for prayers, faith, belief, and spirituality.)*

Golden Rule – Buddhism - “Hurt not others in ways that you yourself would find hurtful.”

Points for Reflection and Consideration: *The Golden Rule and the Platinum Rule*

Source: jesuitresource.org

<https://www.xavier.edu/jesuitresource/online-resources/prayer-index/buddhist-prayers#:~:text=Peace%20Prayers,An%20Invocation%20of%20Metta%2FCompassion,how%20blessed%20we%20all%20are.>

Introduction to the meaning of yoga – What does the Sanskrit word yoga literally mean?

Yoga comes from the Sanskrit root “yuj” that means “union, to unite or to connect”. It is the union of your mind body and spirit. Yoga is a philosophy of life and a state of mind. (Review my notes from the Hinduism Notes.)

Chair Yoga with Anita Rangaswami

Note that this does not constitute medical advice or opinion. This session is meant only to be informational.

Background information: In 1982, yoga instructor Lakshmi Voelker- Binder developed chair yoga to provide an accessible option for a student with arthritis. Chair yoga includes the same elements of traditional yoga including physical poses (asanas), meditation (dhyana), and breathing techniques (pranayama). But the gentle practice modifies standard yoga poses so that you can do them while sitting in a chair.



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Key takeaways:

- Chair yoga allows you to perform yoga poses while seated or using a chair for balance.
- Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being.
- The practice is great for older adults, people with certain health conditions, and those who work at a desk all day.

Source GoodRX.com

<https://www.goodrx.com/well-being/movement-exercise/chair-yoga>

Mindful Breathing Meditation with Thich Nhat Hanh – Thay and/or Bhikku Vasu Bandhu/Albert Celozza

Thich Nhat Hanh offers this mindful meditation to show how practicing breathing meditations is very important as a foundation of meditation and a way to find clarity in the mind to focus on the present moment.

Note: That I will use my computer for audio. You may listen to this link up to minute 5:00

<https://www.youtube.com/watch?v=J62FoY6PKes&t=192s>

Traditional Buddhist Prayer – Meta Prayer of Loving Kindness with Albert Celozza

May all beings have happiness and the causes of happiness;

May all be free from sorrow and the causes of sorrow;

May all never be separated from the sacred happiness which is sorrowless;

And may all live in equanimity, without too much attachment and too much aversion,

And live believing in the equality of all that lives.

- *Author Unknown*

May we all be well, happy, and peaceful, May no harm come to us,

May we all also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.

May our parents, our teachers and mentors, our friends and may all living beings across the world... be well, happy, and peaceful. May no harm come to them,

May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life.

To view recordings of the classes, please visit: franparkcenter.org/golden-rule-2024



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