

# Meditation and Buddhism for Quakers

The Quaker Settlement  
Whanganui  
23-25 February 2018



From dinner 6:30pm Friday 23  
February to lunch  
Sunday 25 February 2018

*Seminar facilitator:*  
**Zee-Zee Heine**  
(Quaker from Britain Yearly Meeting)

## Why be unhappy?

“Why be unhappy?” asks the Dalai Lama, the leading Tibetan Buddhist. He is using “unhappy” as a short hand for the whole spectrum of negative mental states, such as anxious, or annoyed, upset or simply vaguely discontented and uncomfortable. Of course, we would prefer not to be feeling any of these negative feelings, but they are persistent and hard to get rid of. If only it was as easy as deciding to get rid of them and being able to do so.

The Dalai Lama, and Buddhism generally, acknowledges that we all have problems and difficulties (dukkha) in our lives, indeed this is the “first noble truth”; the Buddha’s first teaching, but we often make things worse by our attitude and actions in relation to life’s difficulties.

If we are feeling one of the above or some other negative mental state, Buddhism has the tools to help us trace back and look at where they come from. It looks at how we form bad habits and attitudes, and how we can break out of them.

The weekend will provide a mixture of meditation and some Buddhist theory. See over for more details.

To reserve your place, please register by Thursday 15<sup>th</sup> Feb 2018.

## Registration Form

### “Meditation and Buddhism” Seminar 2018

Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

#### Transport:

Arriving: Day \_\_\_\_\_ Time \_\_\_\_\_

I can offer \_\_\_\_ seat(s) in my/our car OR

Please collect me/us from:

Intercity Bus Depot  Whanganui Airport

(Note: we will only collect out of towners from Whanganui arrival points)

#### Catering:

Simple wholesome vegetarian fare.

Gluten free catered for if indicated here:

*If you need special food, please BYO.*

**Accommodation and Total Costs** (including registration and food) Tick choice please

#### Units

Made up beds and towels provided \$164

#### Sleeping House

Bring sleeping bag, pillowslip and towel \$128

**Camping (caravan/tent)** \$106/102

**Living out** \$96

#### To Register

**Either**, return this form with a cheque (account details below) to: Marion Sanson, 76 P Virginia Road, Whanganui 4500

**Or**, email [marionbsanson@gmail.com](mailto:marionbsanson@gmail.com)

with **all** details requested on the above form.

**Or**, online <https://bit.ly/Meditation18>

Bank account details for payment:

“Friends’ Settlement Seminar Account”

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# Meditation and Buddhism for Quakers – Additional information

## **Meditation**

Meditation is a key tool to help us become more aware of what is going on. There will be several kinds of meditation, including the classic mindfulness of breathing and a meditation on our senses.

Mindfulness is an extremely popular form of meditation as it has been much researched and shown to be effective at relieving stress, anxiety, guilt, and other negative mental states. As well as changing our mood directly, mindfulness meditation can help us become more aware of how our attitudes contribute to our overall unhappiness or well-being.

## **Buddhism**

We will learn about the Buddhist understanding of Karma (actions have consequences); a very brief look at the more general Buddhist theory of cause and effect: dependent origination: Pratītya samutpāda. It may also include the four Noble Truths; and how we form good and bad habits, the five skandhas. The sessions will be workshop style, rather than talk and chalk. There will be time to relate Buddhist theory to our own lives. This weekend is suitable for beginners to meditation or Buddhism, and it can also serve

as a reminder for people familiar with these ideas, as it is all too easy to know in principle, what to do, but get caught up in the busy-ness of everyday life and fail to be the kind of person we want to be.

## **To sum up:**

Meditation can enable us to acquire equanimity, peace, and happiness. Our attitude and actions in relation to what is happening in our lives, can help or hinder this. Buddhism provides many practical tools to take the stillness and composure we find in meditation into everyday life.

**Zee-Zee Heine** has been a life-long Quaker. She came across Buddhism by chance at a time in her life when she was feeling stuck in a negative relationship and was feeling disillusioned with her local Quaker meeting. She found the tools of Buddhism transforming. She has returned to Quakerism as her main spiritual home.

Zee-Zee has been a Buddhist for nearly 20 years. She has taught meditation in a variety of settings, including adult evening classes, day and weekend retreats, a prison, and a college. She has taught Buddhism to children and adults.

Zee-Zee is currently a “full time” Quaker as she lives and works in a Quaker Community in England that provides a range of retreats and other events.

*She says, “Although at heart, I am fundamentally a Quaker, I find the ideas in Buddhism support my Quakerism and complements it well.”*