

Zoom® Dharma Classes **from the Theravada Dhamma Society of Minnesota**

Saturday afternoons, July 11 – August 29, 2020

led by Bhikkhu Cintita

“Kind words: adventures in being nice” (for kids, 7 – 12 years old), 1:00 – 1:50 pm

Are you a jackal or a giraffe? Giraffes are gentle creatures with super big hearts. They also have really really long necks and can see what is going on even far away. They're nice. Jackals are greedy, fight over dead animals, and live close to the ground. They're mean. We all have both in us, but as Buddhists we can learn to be more and more like giraffes by talking and listening to people the way giraffes do. (The topic of this class is much like that of the adult class, but explained for kids. We will begin each class with the refuges and precepts and conclude with sharing the merits.)



“When we don't agree: harmony through empathy” (adults/teens), 2:00 – 2:50 pm



We live with conflict at many levels, from family to politics, at work and while shopping. This class is about bringing harmony into our lives. These teachings are based largely on the Buddha's Dharma and Vinaya – the Buddha gave special attention to how to maintain harmony in the Sangha. They also draw heavily from “Non-violent Communication” (NVC), a modern set of practical techniques employed successfully in conflict resolution throughout the world, which are remarkably consistent with the Buddha's teachings. Both emphasize deep understanding. There will be some recommended readings.

Information and registration

These classes will be conducted on-line. Please install Zoom (zoom.us) on your device. Email bhikkhu.cintita@gmail.com with the subject line “Zoom classes,” to register or ask questions. To register, include your name, where you live (city or state) and which class(es) you would like to enroll in. You will receive by email instructions for joining the even on-line, updates and course materials.

STAY SAFE! – BC

