

BUILDING BRIDGE TO END ABUSE

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Domestic Violence:

Buddhist's Perspectives and Interventions

Presenter:

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KEY BELIEFS

Historically, domestic violence has been culturally and institutionally sanctioned and legitimized within the Asian culture. Consequently, it is a pervasive health issue, social issue, and human rights issue, which has serious repercussions on the victim's physical and mental health. Despite its serious consequences and the scope of the problem, it has been referred to as a "silent crisis".

- Five abuses:

1. Killing, harming, battering, and beating of any living beings.
2. Stealing, robbing, cheating, wrongful living.
3. Raping, sexual harassment, sexual misconduct.
4. Telling lies, using harsh words, using malicious words and useless talking (idle chatter).
5. Consuming drugs, drinking alcohol, and other addictions.

- The Two Truths of Suffering:

1. Physical suffering (birth, old age, sickness, death and physical pain).
2. Mental suffering (sorrow, lamentation, , grief, despair, association with hateful people, separation from loved ones, not getting what one wants, and the five groups of grasping or clinging).

- Ten Akusala Kamma or Ten Unwholesome Deeds.

Physical deed -three (3):

- Killing - ending the life of another living being.
- Stealing - robbing of others' property or belongings.
- Unchaste – unfaithful to one's own wife/husband

By word or speech –four (4):

- Lying - telling untruths.
- Slandering – talking ill of others.
- Harsh speech - using bad words or abusive language.
- Frivolous talk – utterly vain speech (useless or empty talk)

By thought/mind – three (3):

- Avidyaa or Abhijjaa (Covetousness) – delusion or not seeing the truth.
- Vyaapaada (Ill-will) – hatred, resentment and anger.
- Michchaaditthi (False view) – living with false concepts.

- More about Kammic action:

Everything that goes around, comes around (the Law of Kamma or deed). Through an individual's unwholesome Kamma, one has to compensate with either secular persecution or spiritual persecution. Domestic abuses are unwholesome

Kamma as the perpetrators have intentionally undertaken these misdeeds and have to suffer the consequences. We shall reap what we have sown. These acts of Kamma shall have to be dealt with in either a secular reality or a spiritual reality. Buddha said:

*Neither in sky nor surrounding by sea,
nor by dwelling in a mountain cave,
nowhere is found that place in earth
where one's from unwholesome Kamma free.*

PRACTICAL WAYS

- Dana Offering:

1. Material offering's to virtuous Monks and the poor can help us with creating a kind heart and generous disposition.
2. Dhamma offering (knowledge sharing), can provide us with right understanding and right attitude.
3. Abhaya or forgiveness offering, can enrich us with loving-kindness and compassion.

- Sila Undertaking: at least refraining from those five abuses, and learns to accumulate;

1. Loving-kindness and compassion
2. Contentment with our simple way of life, not to be greedy and to direct our lives with right livelihood.
3. Be aware of the power of sexual craving.
4. Honest, polite words, harmonious speech, and useful talk,
5. Be mindful, aware and conscious.

- Bhavana meditation:

1. Practicing Samatha (concentration) meditation, such as chanting Mantra, chanting Parita, loving-kindness meditation, or concentrating on our previous wholesome deeds...etc.
2. Vipassana (insight) meditation such as breathing focus, emotional awareness, or posture mindfulness...etc

Through meditation, we can be peaceful, mindful, aware and conscious of our daily **thought, speech and action.**

The trinity of unwholesome thought, speech and action always leads to abuses. Also greed, hatred and delusion are the root of all evils. If people are not aware about these three roots always leading to unwholesome Kamma such as battering or violating others, stealing, committing sexual harassment, using harsh or untrue words and drinking alcohol or consuming drugs.

- Some more ideals:

*All beings tremble before violence.
All fear death. All love life. See yourself in others.
Then whom can you hurt? What harm can you do?*

He, who seeks happiness by hurting those who seek happiness, will never find happiness. For your brother is like you. He wants to be

happy. Never harm him and when you leave this life, you too will find happiness.

Dhammapada, violence: 10

ACCESSIBLE SERVICES

- **Dana Offering:** This is an every day offering. Members can learn to be a kind person and it can lessen our greed. Greed leads to hatred, and hatred leads to delusion.
- **Sila Observation:** At least four times per month. Members have to undertake the basic five precepts such as not killing or battering others, not running wrongful businesses and/or trading, not committing sexual misconduct, not telling lies or talking in vain, and not drinking alcohol or consuming drugs. Sila can lessen our hatred, this hatred leads to delusion.
- **Bhavana meditation:** Members come to practice meditation in retreats and regularly on Monday, Wednesday and Friday evenings. Meditation provides us with harmonious living, a peaceful mind, tolerance, and non-violent nature. By meditating, one can gradually lessen delusion.
- **Occasional Functions:** many members participate on specific occasions such as Cambodian New Year, Feast Festival for Ancestors, Visakha Day...etc and they have a good opportunity to socialize and hear the teaching of monks.
- **Home Ceremony:** for a blessing from the monks for their family and home, and also for asking for Dhamma preaching.
- **Workshops:** frequently focus on secular services by inviting different agencies to provide knowledge to the members.

MEDITATION

Meditation is very important in Buddhism. Through meditation one learns to purify their mind from all defilements. This will create a very tolerate and compassionate person.

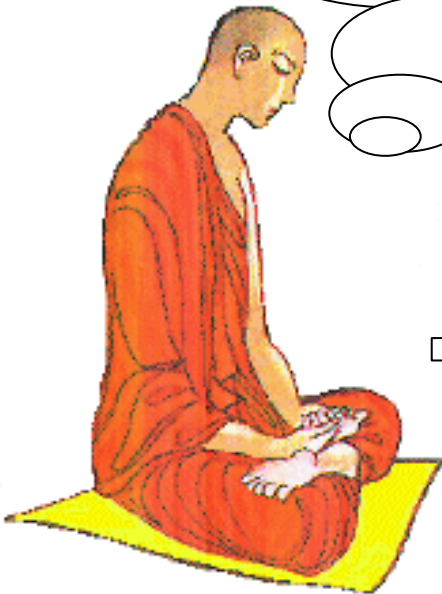
Some benefits of meditation:

1. **Purification:** it can free you from all kinds of mental defilements and hindrances.
2. **Overcoming sorrow:** when we failed in business or others, we can have despair, worry and sorrow. Meditation can help us.
3. **Overcoming lamentation:** can help us to comprehend the physical and mental process, so that we don't have lamentation when changes happen and cause sufferings.
4. **Overcoming grief:** mental suffering is exterminated, done away with, by practicing mindfulness.
5. **Overcoming physical suffering:** arthritis, cancer, chronics afflictions can be cured, this has been found by modern researchers.
6. **Enlightenment:** When impermanence, suffering, the impersonal nature of body-mind processes are thoroughly realized then we can attain all of the four stages of enlightenment.
7. **Nibbana:** then finally we attain to Nibbana by mindfulness meditation. All kinds of defilements, Kammas and sufferings will be eradicated.

Conclusion:

Spirituality in dealing with Domestic Violence will be a long term resolution. It produces harmonious family, understanding and positive behaviors. It looks at compromising rather than to enforce an external resolution by an outside authority. However, spiritual leaders must be aware of serious matters which need to be resolved by secular authority.

- Improved physical coordination and athletic performance .
- Increased capacity to relate to others with openness and warmth
- enhanced enjoyment of yourself and others.
- Increased job proficiency.
- Gain a sense of harmony with life.
- Achieve greater self-acceptance.
- Enhanced contentment, reduce stress and abuses.
- Enhanced intuition or "going with your gut".
- Became more patient, more creative, and more open.
- Developed resilience to face tough situations.
- Enrich the sense of generosity, morality, peaceful mind, diligence and intelligence.



No Other Bliss
Is Greater Than
The Perfect Peace!

MEDITATION TO REDUCE ABUSES!

Open every Monday, Wednesday and Friday at 7:00 PM to 8:30 PM.

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