



CENTER FOR Pragmatic Buddhism

ST. LOUIS, MO

where the ideal meets the real...

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The Abbot's Cushion...

February 1, 2010, the Center for Pragmatic Buddhism (CPB) will celebrate its three year anniversary. We have accomplished many strategic goals in this short period, including the establishment of key practice resources such as weekly meetings for practice and group dharma discussions, a sustainable online presence through our main site, www.pragmaticbuddhism.org, as well as our "virtual sangha" www.pragmaticbuddhism.ning.com, and the development of formal (monastic) and informal (lay) training programs. As we enter 2010, I hope you will join us and participate in the exciting events ahead, including seminars and the much anticipated visit by CPB supporter Stephen Batchelor. _/_ Dr. Jim Eubanks Sensei (Shi Yong Xiang)

Awareness. Acceptance. Action.

When we talk about being "Buddhist" we mean two things. The first is that we are a member of a global group of people who ascribe to the elemental teachings of Siddhartha Gautama, the historical Buddha. Teachings which, in all their myriad forms, come back to the central role of causality, change, impermanence, selflessness and resolving the issue of unsatisfactoriness. The second thing we mean by "Buddhist" is the kind of Buddhist we are - the unique approach to the Buddhism to which we subscribe personally. This is the practical side of Buddhism that is deeply and necessarily culturally-mediated. Buddhism, applied to the nitty-gritty of daily life, cannot be separated from the culture to which it is relevant. Applied Buddhism, the kind we use to navigate daily life is cultural, historical, and

conditioned by its particular socioeconomic environment. The history of (applied) Buddhism is the history of its cultural conditioning. [from "Awareness: What is Pragmatic Buddhism?" Eubanks Sensei]

Learn more on page 3.

CPB Welcomes you...

Join us every Thursday at the First Unitarian Church in the Central West End (5007 Waterman). Meditation begins at 7pm followed by a Dharma talk at 8pm. Instruction is given in meditation techniques and postures between 6:30 and 7pm.

Begging Bowl...

We depend on the generosity of our Sangha and friends. Contributions of funds for the upcoming Batchelor lecture, used laptop computers, and meditation supplies will be gratefully accepted. Contact Xi Ken with your contributions. xi.ken@pragmaticbuddhism.org

CENTER FOR PRAGMATIC BUDDHISM
Lecture Series hosts:
THE DHARMA MOVES WEST



Photo by Aden Albert

STEPHEN BATCHELOR



One of the great Buddhist teachers of our day will be speaking about his new book and Buddhism in the West.

MARCH 8, 2010 ST. LOUIS, MO

For more info go to www.pragmaticbuddhism.org or email ren.cheng@pragmaticbuddhism.org

Events and Meetings...

The December seminar "Meditation & Bodymind Connection for Stress Reduction" was a success thanks to the contributions of time and effort by the Sangha. Many new folks learned how Pragmatic Buddhism can have a positive effect on their lives.

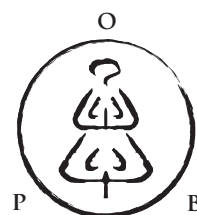
In March 2010, Stephen Batchelor will be coming to St. Louis. Mr. Batchelor, who is an active member of the CPB Advisory Council will be speaking directly about Pragmatic Buddhism. The Sangha is asked to contribute their time, skills and funds to help make this event a success. More info at: www.pragmaticbuddhism.org

The Rules...

54) E. E. Cumming's Rule of Conquest
To be nobody-but-yourself - in a world which is doing its best night and day to make you everybody else - means to fight the hardest battle any human being can fight; and never stop fighting.

-- e.e. cummings

Ask a Monk



What practices have changed significantly between early Buddhism and Buddhism today?

Surprisingly perhaps, modern Buddhism is more similar to early Buddhism than it has ever been--that is, Buddhism as it is discussed and practiced in the West is more similar to the way Buddhism was presented at the time of Siddhartha Gautama (the historical Buddha). After the Buddha's passing, Buddhism tended to be more analytical or more metaphysical than when it first arose. The Buddha's concerns--as are ours in CPB--are the practical means of alleviating unsatisfactoriness in this very lifetime, and much less emphasis is placed on what are called "unanswerable questions," which include the absolute nature and origin of the Universe,

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Awareness. Acceptance. Action.
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Daily Practice

On our quest for personal development, we must not just hope or believe that we are good; we must actually do good. Modern science confirms that behavioral modification is a necessary requisite to actualizing the positive changes we seek. This is the basis of cognitive behavioral therapy, for example, which is currently a popular approach in mind-body health.

But long before Western psychology discovered the priority of behavioral modification, Siddhartha Gautama (the historical Buddha) advocated the same strategy to improve our personal and social lives. At the Center for Pragmatic Buddhism, like all Buddhist traditions, practice (action) is central. We hope to provide a foundation for you to begin developing a practice of your own.

Learn more about Pragmatic Buddhist practice at www.pragmaticbuddhism.org or contact Wayne (Ren Cheng - ren.cheng@pragmaticbuddhism.org)

Ask a Monk

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the existence of the soul, the nature (or existence) of the afterlife, and even the nature of enlightenment (the Buddha did not describe the nature of enlightenment, even though many later Buddhists tried to do so). In CPB, we are "pragmatic" in the way the Buddha was, so in fact it might be viewed as a "reversion" back to early Buddhist theory and practice.

Have a question about Buddhism -- send it to Eubanks Sensei with **Ask a Monk** in the subject line - sensei@pragmaticbuddhism.org

The Center for Pragmatic Buddhism

www.pragmaticbuddhism.org

A non-profit organization dedicated to Buddhist education and spiritual growth.

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CPB offers services: Weddings, Purification for home or business, Blessings, Memorial services, Educational outreach, Chaplain services, Speakers for events