

Being Your True Nature
a film by Osel Hita and Matteo Passigato

SCREENING PACK

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WWW.BEINGYOURTRUENATURE.ORG

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SCREENING REQUIREMENTS:

YOU WILL NEED A PROJECTOR AND SCREEN, AND A COMPUTER THAT CAN EITHER STREAM OR DOWNLOAD THE FILM FROM THE WEBSITE. WE STRONGLY RECOMMEND THAT YOU DOWNLOAD AND TEST THE FILM BEFORE YOUR EVENT.

THERE IS NO CHARGE FROM THE FOUNDATION FOR HOSTING A SCREENING. IF POSSIBLE WE WOULD PREFER YOU NOT TO CHARGE FOR THE EVENT.

INFORMATION:

THANK YOU FOR HOSTING A SCREENING OF BEING YOUR TRUE NATURE. IN THIS PACK YOU WILL FIND INFORMATION AND ACTIVITIES THAT WE RECOMMEND YOU SHARE DURING THE EVENT. THESE ARE ONLY SUGGESTIONS AND BY NO MEANS MANDATORY, BUT WE FEEL WILL REALLY ADD TO THE EXPERIENCE.

THE SEVEN-STEP APPROACH THAT WE RECOMMEND IS:

*WELCOME YOUR AUDIENCE, AND BEGIN WITH A FEW MINUTES OF BREATHING MEDITATION TO "PUT THE MIND WHERE THE BODY IS" (LAMA YESHE)

*INTRODUCE THE FILM, USING THE FDCW INFORMATION PROVIDED

*SCREEN THE FILM (17 MINUTES)

*FOLLOW THE SUGGESTED DISCUSSION OUTLINE (20 - 45 MINUTES)

*WATCH THE INTERVIEW WITH LAMA YESHE (3 MINUTES)

*INVITE THE AUDIENCE TO JOIN THE FDCW MAILING LIST, USING THE TEMPLATE PROVIDED

*END WITH THE RAINDROP PRACTICE A GUIDED MEDITATION FROM LOVING KINDNESS PEACEFUL YOUTH (5 MINUTES)

IF YOU FOLLOW OUR SUGGESTIONS, THE ENTIRE SESSION WILL LAST 60 – 90 MINUTES. AFTER THE SCREENING PLEASE SEND US THE EMAIL LIST SO WE CAN ADD PEOPLE TO THE FDCW MAILING LIST.



ABOUT THE FOUNDATION FOR DEVELOPING COMPASSION AND WISDOM

FROM THE MID-1970S ONWARDS, LAMA YESHE THE FOUNDER OF THE FOUNDATION FOR THE PRESERVATION OF THE MAHAYANA TRADITION (FPMT) SPOKE ABOUT THE NEED FOR 'A NEW KIND OF EDUCATION.' HE ENVISIONED A SYSTEM OF INNER DEVELOPMENT THAT PRESENTS THE PROFOUND WISDOM OF ALL RELIGIONS IN A WAY THAT TRANSCENDS INDIVIDUAL COUNTRIES, PHILOSOPHIES AND RELIGIONS AND CONTAINS BOTH SCIENTIFIC AND SPIRITUAL DIMENSIONS WITHOUT COMPROMISING EITHER; AN EDUCATION IN TECHNIQUES TO DEVELOP LOVE AND COMPASSION IN PEOPLE OF ANY FAITH OR NONE. THIS IS WHAT WE MEAN BY UNIVERSAL EDUCATION FOR COMPASSION AND WISDOM.

IN 2005, THE FOUNDATION FOR DEVELOPING COMPASSION AND WISDOM WAS SET UP TO TAKE LAMA YESHE'S VISION FORWARD. THE PATRON OF THE FOUNDATION IS THE DALAI LAMA, AND THE HONORARY PRESIDENT IS LAMA ZOPA. SINCE THEN, OVER 70 WORKSHOPS AND SEMINARS HAVE BEEN ORGANISED IN 23 DIFFERENT COUNTRIES, LEADING TO A WIDE RANGE OF COMMUNITY PROJECTS IN SCHOOLS, COLLEGES, HOSPITALS, PRISONS, THE WORKPLACE AND THE HOME. PROGRAMMES INCLUDE THE 16 GUIDELINES FOR A HAPPY LIFE, CREATING COMPASSIONATE CULTURES, TRANSFORMATIVE MINDFULNESS AND THE POTENTIAL PROJECT.

UNDER THE GUIDANCE OF LAMA ZOPA, THE FOUNDATION IS NOW DEVELOPING A NEW SET OF EDUCATION PROGRAMMES AND RESOURCES, WHICH WILL PROVIDE A LONG-TERM FOUNDATION FOR THE DEVELOPMENT OF UNIVERSAL EDUCATION ACTIVITIES WORLDWIDE. THEY WILL BE GROUNDED IN BUDDHIST PHILOSOPHY, PSYCHOLOGY AND SCIENCE AND PRESENTED USING CONTEMPORARY LANGUAGE AND METHODS WHICH ENCOURAGE DIRECT EXPERIENCE AND CRITICAL ENQUIRY. THE AIM IS TO CREATE A MORE PEACEFUL WORLD BY ENABLING PEOPLE OF ALL AGES, CULTURES AND TRADITIONS TO LEAD A HAPPY AND MEANINGFUL LIFE AND TO BE OF SERVICE TO OTHERS.

THE FOUNDATION FOR DEVELOPING COMPASSION AND WISDOM IS AN INTERNATIONAL EDUCATION NON-PROFIT BASED IN LONDON, UK, AND IS AFFILIATED TO THE FPMT.



LAMA YESHE'S INTERVIEW WITH CONNIE MILLER ON UNIVERSAL EDUCATION AT POMAIA, ITALY IN 1982

LINK TO VIDEO:

<http://youtu.be/sUZp1Krs-Kg>

TRANSCRIPT (UNEDITED):

CONNIE MILLER: THANK YOU. WHEN MANY PEOPLE FIRST HEARD ABOUT THE UNIVERSAL EDUCATION PROJECT AND ITS PURPOSE, THEY UNDERSTOOD IT TO BE FOR THE PURPOSE OF FORMULATING EDUCATIONAL GOALS AND METHODS FOR YOUTH IN FPMT CENTERS AND TO GENERATE A MAHAYANA-BASED EDUCATION FOR CENTER CHILDREN AND OTHERS. BUT SINCE THE CONFERENCE LAST OCTOBER AND IN LIGHT OF HIS HOLINESS'S CONTRIBUTION, IT NOW SEEMS THAT WE CAN UNDERSTAND THE PURPOSE AS BEING MUCH BROADER THAN THIS. CAN YOU ENLIGHTEN THIS, CAN YOU TELL US THE GOALS OF THE UEP AND IN WHAT WAY IT IS IN FACT UNIVERSAL?

LAMA YESHE: WELL, FIRST OF ALL, I EXPLAIN YOU FIRST BEGINNING UNIVERSAL EDUCATION PROJECT - WE NEED NEW EDUCATION FOR THE WORLD, BECAUSE ALL THE EDUCATION IS NO LONGER UP-TO-DATE FOR THE PRESENT INTELLIGENT PEOPLE. AND PRESENT EDUCATION PRODUCES WORLD CONFLICT AND DISSATISFACTION FOR THE NEW GENERATION. SO I BELIEVE THIS PROJECT IS LONG TIME, I BELIEVE EVEN 7-8 YEARS START ALREADY, LOOKING FOR SOMEBODY TO TAKE OVER. SOMEHOW IS TOO LATE, NOBODY IS ACT. THEN FORTUNATELY YOU ACCEPTED AND TOLD YOU THAT TIME, THIS IS, THE REASON I CALL UNIVERSAL, IT MEANS SOMETHING UNIVERSAL PEOPLE UNDERSTOOD, ENTIRE HUMAN REALITY. NOW, NOW MANY PEOPLE IN THE WORLD DON'T UNDERSTAND TOTALITY OF HUMAN REALITY, THEY DON'T UNDERSTAND THEIR TOTALITY.

THEY DON'T WANT TO ACCEPT SPIRITUALITY, YOU KNOW, AND WHEN THEY DO ACCEPT SPIRITUALITY, THEY DON'T ACCEPT SCIENTIFIC REALITY. THIS CONFLICT I CAN SEE IN THE WESTERN WORLD. COMMONLY THIS, ACCORDING THIS, THE CORRESPONDS, I DETERMINE, THERE MUST BE WAY TO GO MIDDLE WAY, AND PEOPLE EDUCATE BOTH SPIRITUAL AND, YOU KNOW, WHAT I MEAN, AND BOTH SCIENTIFIC, THESE TWO. AND HUMAN BEING HAVE TO BE, SORT OF CAPABLE TO TAKE CARE OF THEMSELVES PHYSICALLY AND MENTALLY, TO LIBERATE FROM ANY KIND OF PROBLEM OF PHYSICAL OR MIND.

DISCUSSION OUTLINE

CRITICAL THINKING AND DISCUSSION PLAY A CENTRAL PART IN ALL UNIVERSAL EDUCATION FOR COMPASSION AND WISDOM ACTIVITIES. WE ENCOURAGE YOU TO CONSIDER THE FOLLOWING QUESTIONS:

IN THE FILM, OSEL SUGGESTS THAT IT IS ONLY THROUGH UNDERSTANDING OURSELVES AND THROUGH DISCOVERING OUR INNER REALITY - OUR TRUE NATURE – THAT WE CAN BECOME HAPPY AND SATISFIED, AND BE OF SERVICE TO OTHERS.

IN YOUR EXPERIENCE, IS THIS TRUE?

CAN YOU SHARE A MOMENT WHEN YOU TASTED THIS FOR YOURSELF?

WHAT PRACTICAL IMPLICATIONS DOES THIS HAVE FOR YOU?

IF YOU ARE WATCHING THE FILM AS A GROUP, WE SUGGEST THAT YOU WRITE THE QUESTIONS UP WHERE EVERYONE CAN SEE THEM, AND:

- FIRST, ENCOURAGE DISCUSSION IN PAIRS
- SECOND, JOIN EACH PAIR TO ANOTHER, FOR FURTHER DISCUSSION AS A GROUP OF FOUR
- LASTLY, INVITE THE WHOLE GROUP BACK TOGETHER TO SHARE THEIR INSIGHTS



TAKEN FROM LOVING KINDNESS PEACEFUL YOUTH'S HABIT HANDBOOK

THE RAINDROP PRACTICE



- Sit in a comfortable position, close your eyes and take a few deep breaths...
- Gradually let go any thoughts of what you were doing before, and bring your attention to the sound of your own breath, breathing in and out, in and out...
- Now try to imagine a single drop of water high up in the sky... just one tiny drop, alongside countless others, which make up a cloud...
- Consider how vulnerable that tiny drop of water is...
 - Consider how easily influenced it is by the surrounding elements...
 - Consider how easily it is shaped by the wind, by the cold, by the sun.
 - Think how easily when it falls, that that tiny raindrop can be soaked, within seconds, into the ground below.
- Now focussing your attention on that one drop of water, imagine it starting to fall...
- Through the air it descends, gathering speed.
- And as it falls around it so do many other hundreds and thousands of tiny raindrops...so imagine now the sight and the sound of all those raindrops, all falling down through the sky...
- And as they splash to the ground the raindrops collide, and so a puddle begins to form..

- And as more raindrops fall the puddle gets bigger, and a trickle starts to flow downwards...
- And as more raindrops fall the trickle grows bigger, and the trickle turns into a stream...
- And snaking over muddy banks and mountain cracks, the stream grows stronger, and a river is formed...
- And growing fuller, the river gushes faster and faster, gathering speed and strength, heading towards the edge of the cliff..
- And finally there at the edge of the cliff, the water sprays over, and millions of raindrops meld together, to form a beautiful, powerful waterfall...
- (So picture Niagara falls, or maybe a spectacular waterfall you've seen in your lifetime)
- Now imagine the sound of that waterfall
- Imagine the strength of it.
- Imagine the potential of it.
- Imagine the power it has to shape the ground below.
- Now within that massive waterfall, gradually bring your attention closer, focusing inwards, honing in on that one tiny raindrop we started with.
- And that one tiny raindrop - it represents you.
- And by yourself at times you may feel small and tiny. You may feel vulnerable. You may find yourself questioning what you – just one person – can really do to make a difference, or shape this world we live in.
- But picture yourself as that raindrop in that waterfall, that voice that's joined with many.
- Together we *can* make a difference.

THEY SAY – 'A WATERFALL STARTS FROM JUST ONE DROP OF WATER'

LKPY SAYS – 'PEACE STARTS FROM JUST ONE PERSON'

THE FOUNDATION FOR DEVELOPING COMPASSION AND WISDOM IS HAPPY TO WORK IN PARTNERSHIP WITH LOVING KINDNESS PEACEFUL YOUTH. FOR MORE INFORMATION ON LKPY PLEASE VISIT: WWW.LKPY.ORG