

## TICK THE BOX FOR BUDDHISM

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is your religion kindness, mindfulness, meditation, non-violence? your chance to help buddhism to flourish. complete the census in march 2011, and tick the box for BUDDHISM.

## TICK THE BOX FOR BUDDHISM

27th March 2011 sees the next UK census, the first since 2001.

It includes a voluntary question about your religion. Now is your chance to show just how many people live by Buddhist values in this country.

Please help to change the picture of religion in the UK.

Tick the Box for Buddhism when you fill out your Census form
Ask all your friends and fellow practitioners to Tick the Box for Buddhism too.

Why Tick the Box for Buddhism?

There could be as many as 500,000 Buddhists in the UK, but many may not have Ticked the Box for Buddhism at the last Census in 2001. Many thousands of British people support or live by the teachings of Buddhism in various ways: they may meditate, practise mindfulness or other Buddhist practices, agree with the Buddhist approach to life – and still prefer to avoid labelling themselves Buddhist. This is very understandable.

However, accurate Census figures make a real difference.

Buddhism is officially recognised as one of the six major faiths in the UK and Government funding is allocated to each faith in proportion with Census figures.

What's more, Buddhism has a distinctive contribution to make to British life. Of the six major faiths it's the only one not to worry about 'God' and it's free of many things commonly considered problematic about religion. Teaching wisdom and compassion for all, it offers mindfulness and meditation practices which are scientifically acknowledged to lead to wellbeing and happiness.

We want the next Census to represent more accurately the level of support for Buddhism in the UK. If we achieved a figure of 500,000 or more, the result could be:

Increased funding for Buddhist initiatives; for example, mindfulness training in the NHS.

Much better representation in the school curriculum. Buddhism plays a distinctive part in Religious Education and the teaching of secular mindfulness meditation has much to contribute to young people's wellbeing.

A clear indication of the number of people in the UK supporting positive behaviour and policies based on common-sense, genuine concern for the well being of others, non-violence, free, rational and open discourse, and liberal social attitudes.

Please use your census wisely. A vote for Buddhism will have an immediate impact on the picture of faiths in the UK. This is your chance to make a real difference.

To read more, go to our campaign site.



NBO network of buddhist organisations