

Buddhist Action Month 2021: European Day of Action

European Buddhist Action Day

June is Buddhist Action Month. This year the theme is *Lion's Roar: Speaking up in a Troubled World*.

On **5th June** we'd like to invite Buddhists from across Europe to dedicate their practice to reducing suffering in the world. You can either dedicate the practice to reduce suffering in the whole world, or choose a particular cause or issue that is close to your heart.

You can think of this as both deepening your own intentions, and as a transference of merit.

Consider practising in a public place where you can also act as a signpost for your particular cause and for a peaceful way of being.

In Malvern in the UK, Pure Land Buddhist Satya Robyn has a daily meditation practice dedicated to the Earth. She sits outside for an hour a day, whatever the weather. She began in November 2020 and will continue the practice until COP 26 in November 2021. As well as being a personally powerful practice, it has led to new connections and conversations with local people about both Buddhist practice and the climate crisis.



As she sits she wears a placard expressing her intention.

Attached to this document there is a European Buddhist Action placard that you can print out and then write in your own cause or intention.

If you are practising outside or in public do follow appropriate COVID guidance.

If you do not want to practise outside or in public, please join us on June 5th from your own homes and dedicate the merit of your private practice to reducing suffering in the world.

Practising together

It's much more powerful to practise together if possible. Talk to your Buddhist friends and colleagues, or your local centre about dedicating the merit of a group practice.

Find out more about Buddhist Action Month: <https://www.nbo.org.uk/bam2021>

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I am meditating for: