

Educating for Peace through Countering Violence:

Strategies in Curriculum and Instruction

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Chapter 3

Embodied Universal Peace:

Curriculum Theory and Buddhist Intersubjective Contemplative Inquiry

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Appendix

A Co-Creation: Buddhist Contemplative Peace Guide

In the spirit of universality, this suggested three-step practice and listed resources are a selection of the many sacred texts that could be used in contemplative inquiry. The intent is developing the clarity of mind that reawakens the peaceful core. It is co-creation because we are each a co-creator of peace.

1. Choose a sacred text; selected Buddhist options are:
 - a. “Purifying Practices,” Chapter Eleven of the Avatamsaka Sutra; consists of 114 vows in verses that promote the fundamental interconnections of sentient beings.
 - b. The Sixth Patriarch’s Platform Sutra, Chapter Six, “Sitting Meditation”; principles and foundations of meditation.
 - c. The Shurangama Sutra, Chapter Six, “The Twenty-Five Sages Speaks of Enlightenment”: the awakening pathways of Twenty-Five Buddhist sages.
2. While sitting, walking, or standing still, read, recite, copy, listen, dialog, contemplate, and/or write about the sacred text; word-by-word, section-by-section; and as a whole.
3. End with dedications: For ongoing illuminations *in* peace, *of* peace, and *for* peace.

May every living being,
Our minds as one and radiant with light,
Share the fruits of peace
With hearts of goodness, luminous and bright.
If people hear and see,
How hands and hearts can find in giving, unity,
May their minds awake,
To Great Compassion, wisdom and to joy.
May kindness find reward,
May all who sorrow leave their grief and pain;
May this boundless light,
Break the darkness of their endless night.
Because our hearts are one,
This world of pain turns into Paradise,
May all become compassionate and wise,
May all become compassionate and wise. (Shi & Shi, 2007).

Shi, H. S. & Shi, H. L. (2007). Dedication of merit. Dharma Realm Buddhist University.

<https://www.drбу.edu/blog/dedication-merit>