



Resource Packs for newcomers to FWBO Centres

Introduction

This pack aims to give you a selection of background information to the FWBO and our approach to Buddhism. Its companion covers the main meditation practices and ceremonies that we practice.

Both are intended for people who've fairly recently contacted us and want to know more: there's lots of leads to further material on who we are and what we do - even what we look like! Most of it is available for free on the internet.

Suggestions for inclusion in future editions are welcome, please contact news@fwbo-news.org.

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Where to find stuff...

The FWBO has a rich collection of Dharma and meditation resources, much of it available for free on the internet. At the same time, it is a very decentralised movement, which results in a plethora of websites. This section aims to give you a one-stop guide for at least some of what is available.

Recommended reading

Four Reading Lists have been compiled for those wanting to explore the FWBO's Dharma teaching in more depth. They are printed following this section, and cover -

- Meditation
- Introductory
- Going deeper
- Mitra Study

Sangharakshita's books and other FWBO publications

may be obtained from Centre bookshops, or the FWBO's publishing house Windhorse Publications - see their website www.windhorsepublications.com.

Many of Sangharakshita's books, including his memoirs, poetry, and many Dharma books, are available free on-line from his website at www.sangharakshita.org/online_books.html.

On-line Dharma talks

Free Buddhist Audio offers over 1,000 online talks for free download by Sangharakshita and other senior Order Members. Find them at www.freebuddhistaudio.com. Their 'community pages' host talks from many local FWBO centres, including non-UK centres and in various languages.

Study material (including the FWBO Dharma Training Course)

The FWBO has an excellent Foundation Course for anyone wanting to learn the basics of Buddhism. Most FWBO Centres will offer study groups exploring the Course - group study is the recommended way to engage with it. However it's also available on-line at www.fwbomitracourse.com.

Following on from the Foundation Course is a new three-year Dharma Training Course for Mitras, also offered at most FWBO Centres and available as downloadable PDFs from the same website.

Two other sections of the FreeBuddhistAudio site contain the full text of most of Sangharakshita's lectures (at www.freebuddhistaudio.com/texts/talks) and the unedited text of most of his seminars (over 12,000,000 words!), available at www.freebuddhistaudio.com/texts/seminars Happy reading!

Contact details for FWBO Centres

are available at www.fwbo.org/contacts/addresses.html. Almost every FWBO centre has its own website, and details of these can be found here.



Details about retreats

may be obtained from FWBO Centres. Details of most UK FWBO retreats and some international ones can be seen on the FWBO's dedicated GoingOnRetreat website at www.goingonretreat.com

The FWBO has nearly 20 retreat centres around the world, including 8 or more in UK. Each has its own unique flavour: the only way to find what they are is of course to try them out! The names of the main ones are -

UK

Buddhafield
Buddhafield North and East
Dhanakosa
Dharmapala College
Padmaloka
Rivendell
Taraloka
Tiratanaloka
Vajraloka
Vajrasana

EUROPE

Abhayaloka (Finland)
Akasavana (Spain)
Dharmagiri (Sweden)
EcoDharma (Spain)
Guhyaloka (Spain)

REST of WORLD

Aryaloka (USA)
Sudarshanaloka (New Zealand)
Vijayaloka (Australia)
Sagaraloka (Sri Lanka)

INDIA

Bhaja
Bor Dharan
Dhammakranti

Young people's Dharma

The best way to hook up with other young Buddhists in the FWBO is to search Facebook for "young FWBO"; there's a young people's group there with 200+ members and details of special events. We're looking to find individuals at all FWBO Centres who are able and willing to act as contact points for new young people coming along; details of how to contact existing ones will be on the Facebook group.

Children and schools' Dharma material

The FWBO's **Clear Vision Trust**, at www.clear-vision.org, offers a wide range of teaching materials for schools, tailored to the UK curriculum.

It includes their very popular **Ask a Buddhist** service - a series of short video clips with some answers to some of the commonest questions Buddhists tend to get asked - especially by children! Recently expanded with many answers from younger Buddhists and Buddhist s from other traditions. It's at www.clear-vision.org/Students/AskaBud.aspx

What we look like

Photos of FWBO Centres are at **FWBO Photos** www.flickr.com/photos/fwbo/sets where you'll find a library of over 3,000 photos of FWBO Centres, shrines, and more.

Profiles of people/Order Members can be found on FWBO People at www.people.fwbo.org. Alternatively, the **Order Mosaic**, at www.fwbo-news.org/resources/mosaic/thumbnail, captures almost the whole of the Western Buddhist Order in an single clickable image of the thousand-armed Avalokitesvara.

Video clips of Bhante/ Order Members / other people in the FWBO are on **Videosangha**, which contains over 100 short videos on everything from the history of the FWBO to Buddhist Arts. Especially interesting are the accounts of people's first meetings with Sangharakshita, founder of the FWBO and the Western Buddhist Order. It's at www.videosangha.net.



More about the FWBO

FWBO News is the main channel for keeping up to date with what's happening around the world-wide FWBO and TBMSG. It's at www.fwbo-news.org; the site also contains a useful list of resources and feature articles.

The FWBO's main website is at www.fwbo.org; though look out for a revamp appearing sometime in 2010! There's a Facebook page at www.facebook.com/FriendsoftheWesternBuddhistOrder, plus many FWBO groups.

Social Engagement

The FWBO has always combined dharma practice with social engagement. TBMSG, the Indian wing of the Movement, runs a very wide range of social projects, mostly funded by the Karuna Trust: there's details at www.tbmsg.org or www.karuna.org.

In the West, recent years have seen a rapid rise in FWBO projects directed towards people suffering from pain, stress, addiction, and depression; mostly using mindfulness-based material such as MBCT. Breathworks and Breathing Space are the two largest, at www.breathworks-mindfulness.org.uk and www.lbc.org.uk/Breathingspacehome.htm. Bodywise is another FWBO 'brand' offering a wide range of exercise and treatments.

And in the Spanish mountains, EcoDharma (www.ecodharma.com) is an FWBO retreat centre dedicated to exploring how the Dharma and the FWBO can participate the development of an ecological consciousness.

Fundraising

The Karuna Trust has for 30 years been the FWBO's main fundraising project, raising well over £1 million/year for a wide range of social and Dharma work in India. Find them at www.karuna.org - and find how to get involved at www.appeals.karuna.org.

There will be many other FWBO fundraising appeals in the air at any one time, as the movement grows both in India and world-wide. Many India ones use internet fundraising pages hosted by FWBO Dhammaloka: you'll find this at www.justgiving.com/Dhammaloka.

FWBO History and archives

The **Clear Vision photo archive** at www.clear-vision.org/Pictures/Default.aspx contains many historic images of Sangharakshita, the early days of the FWBO and TBMSG in India. The whole collection has been recently much expanded and rearranged.

Also, check the archive sets on FWBO Photos, www.flickr.com/photos/fwbo/sets, where they are collections covering Communities, People, Retreats, Right Livelihood, and India.

Beyond English

FWBO Translations, available at www.fwbo-news.com/resources/translations_2007.pdf, lists most existing translations of FWBO literature into the major world languages, including texts published on the web. There's a lot available in Spanish, French, German, and Dutch - and Hindi and Marathi in India.



Going deeper

For people in outlying regions keen to do Dharma study, Suvarnagarbha in Cambridge offers mentoring assistance and friendly support online and by phone on a dana basis - tel. 01223 473 444, or email him on suvarnagarbha@hotmail.co.uk.

If you're looking to get deeper involved in the FWBO, we'd recommend the booklet 'Becoming a Mitra?', prepared by the FWBO's Buddhist centre and available on-line at www.fwbo-news.org/features/bristol-mitra-booklet-jan07.pdf.

If you want to deepen further your practice of the Dharma and your involvement with our Sangha, you will probably be considering asking for Ordination into the Western Buddhist Order. There are around 1,000 men and women in the West preparing for ordination with us, and up to 1,500 in India.

In the UK, Padmaloka and Tiratanaloka retreat centres specialise in helping men and women respectively prepare to enter the Order. Both produce Handbooks outlining what they offer and what is expected; Tiratanaloka's is on-line at tiratanaloka.org/docs/handbook09.pdf. Padmaloka's can be obtained by contacting them directly (tel 01508 538112).

Contents of Resource Pack 2

This Pack gives you short introductions to meditation and Buddhism as practiced in the FWBO, plus the text of the main ceremonies used.

introductions

a short introduction to meditation

a short introduction to Buddhism

a short introduction to the FWBO

basic FWBO texts

The Threefold Puja

The Dedication Ceremony

The Sevenfold Puja

the Refuges and Precepts

The Heart Sutra

