

BUDDHISM * MEDITATION * LIFE

LION'S ROAR

What I Learned at **RIKERS ISLAND**

Kornfield and Goodman: **MINDFULNESS Q&A**

Matthew Fox on **CHRIST AND BUDDHA**

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Pema Chödrön

FROM SUFFERING TO AWAKENING:
3 WAYS TO TRANSFORM YOUR EMOTIONS



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HOW DOES BUDDHISM INFORM YOUR CAREER CHOICES AND THE WAY YOU APPROACH YOUR JOB?



I have worked in a bakery for many years. Buddhism has taught me to look beyond the breads and croissants. To appreciate each ingredient, where it came from, and how it was made. To be grateful that I am of service to my community. To send lov-

ing-kindness with every pastry I sell.

—Sarah Caballero, New York City

I work for a bank as a security manager. Buddhism affects my behavior through its high-level, ethical suggestions. When I talk to my employees, or even to my bosses, I always try to be kind, patient, and calm with them. The Five Precepts are practices, and not commands, so even if I fail sometimes, they inspire me to try again and behave better next time. If I'm relaxed at my work, I can also be kind to my family and everyone else.

—Szabolcs Nagy, Győr, Hungary



Practicing Buddhism has helped me transition to a different role that is more aligned with easing the suffering of our world. I'm now someone capable of communicating about intersectional, unconscious biases in order to transform them with compassion

and loving-kindness. I approach my work with a harm-reductive perspective, which has proven to be a pivotal skill at such a critical juncture of diversity, equity, inclusion, accessibility, and belonging in our world.

—Deanna Sophia Danger, St. Louis

I'm a restoration ecologist. After spending amazing moments within intact tropical forests and snowy mountains, I decided to give something back for all the beauty

and subtle revelations I received while there. I repair degraded sites near cities and in the countryside. I'm able to pay off the debt I owe Mother Nature. Buddhism granted me karmic perspective so I could better understand what I was doing and why I was doing it.

—Juan Garibello, Houston



I'm an animal behaviorist and dog trainer. I teach humans and their pets how to communicate to create stronger bonds and ultimately live happier and healthier lives together.

—Russell Hartstein, Los Angeles

In a field like healthcare, where compassion and healing have taken a back seat to money and profit, I believe it is crucial to be mindful in exercising compassion for patients and with colleagues by being an example of empathy, and kindness.

—Renee Woodruff, Rome, New York



The Buddha has inspired me to bring his teachings to readers through my writing. My novel *The Kingdom of Malayadhwaja* features a strong Buddhist character named Sushrutha who lives alongside Hindu characters in ancient India and

teaches the importance of tolerance, compassion, righteous living, and nonviolence.

—Sri Laxmi, Chennai, India