

Welcome to the Oxford Buddhist Group.

We'd like to let you know about us, meditation, and the 3 jewels of Buddhism. This is to give you an idea about what we do, and why we meet.

Here's a little bit about us.

The Oxford Buddhist Group recently moved to Peace House. Over the years, we have met and meditated in Summertown, off the Cowley Road, and elsewhere in Oxford. The Oxford Buddhist Group is part of the Triratna Buddhist Community. We have Buddhist centres throughout the world where millions of people have attended classes, events, and retreats.

The Triratna Buddhist Community was founded by Sangharakshita, an Englishman ordained in India in the 1950s. Sangharakshita developed an approach to teach Buddhism to Westerners. He wrote, *Nothing conditioned can ever satisfy the deepest longings of the human heart*. The Triratna Buddhist Community reflects his approach to the Buddhist path – how to practise Buddhism in the modern world.

See also thebuddhistcentre.com/text/what-triratna-buddhist-community

See thebuddhistcentre.com/bhante for Sangharakshita's background.

Triratna comprises 'tri' (3) and 'ratna' (jewel; what is most precious and beautiful). In Buddhism, the 3 most precious and beautiful jewels are the Buddha, the Dharma and the Sangha.

This symbol of the Triratna Buddhist Community depicts the Three Jewels. The Three Jewels are seated on a lotus flower, surrounded by flames of transformation and an aura of purity. The Golden jewel symbolizes the Buddha, the Blue jewel the Dharma, and the red jewel the Sangha.



Who was the Buddha?

The term *Buddha* means 'one who is awake'. To be awake means to have unlimited loving-kindness, complete understanding of the human experience, and perfect peace. The Buddha learned to let go of his reactions, feelings, and thoughts – he was no longer dissatisfied. The Buddha said everyone could gain this level of awareness.

See also thebuddhistcentre.com/text/who-was-buddha

What is the Dharma?

Dharma simply means the *teachings*, or what the Buddha said helps you fulfil your potential. For over 40 years the Buddha gave talks and instructions about how to awaken. He suggested his path led to a contented life through meditation, living ethically, and seeing clearly.

See also thebuddhistcentre.com/text/what-does-buddhism-teach

What is meditation?

We have 2 main meditation practices: the Mindfulness of Breathing and the Development of Loving-Kindness. These bring clarity of mind and positivity. Meditating creates the mental space to become aware of reactions and thoughts. Over time you can better understand what makes you happy and unhappy.

See also thebuddhistcentre.com/text/why-meditate

Why are ethics important?

Ethics gives us a solid foundation on which to grow and develop. It supports meditation and your general level of happiness.

See also thebuddhistcentre.com/text/threefold-way

The Sangha

Sangha means *community*. The Sangha are the people who travel with you on the Buddhist path. We meet to learn the teachings, enjoy each other's company, to meditate together, to laugh, and to smile.

See also thebuddhistcentre.com/text/our-buddhist-centres

Generosity—Living the Spirit of Buddhism

All our events are run by donation. Generosity celebrates the human capacity to connect. We invite you to enjoy our classes irrespective of your financial means. We'd love to continue to offer classes and you'll see suggested donation amounts to help us do so. We also welcome your skills, time, and energy. We thank you for any help you can give.

Gift Aid

Gift Aid helps us reclaim 25p of tax for every £1 you donate. It only works if you receive paid Income or Capital Gains Tax equal to the tax reclaimed. Simply complete a Gift Aid form and place your donation in a Gift Aid envelope. Please let us know if you want to cancel this declaration or no longer pay sufficient tax.

We hold our classes at:

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Triratna Buddhist Community

Oxford Triratna



Awakening in the City of Dreaming Spires