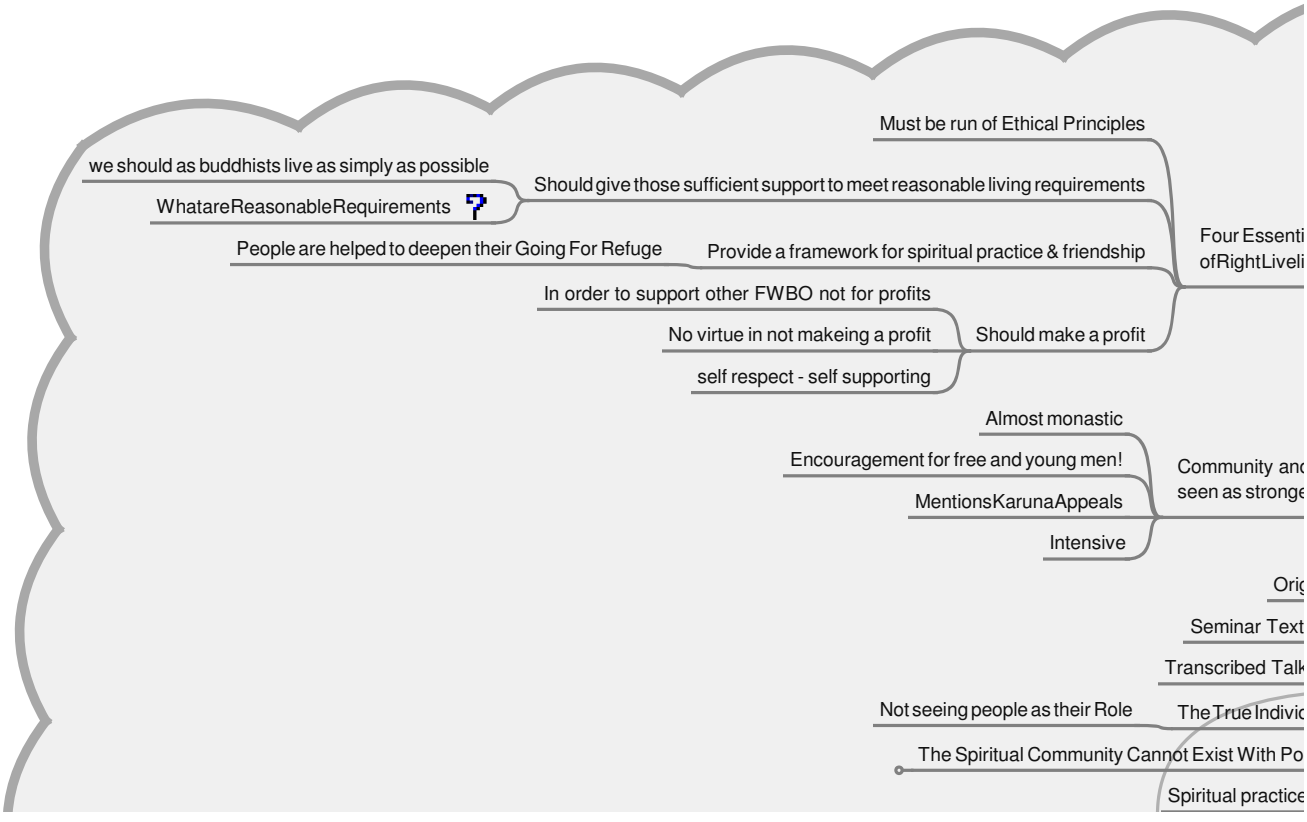
Everything you ever wanted to know about TBRL



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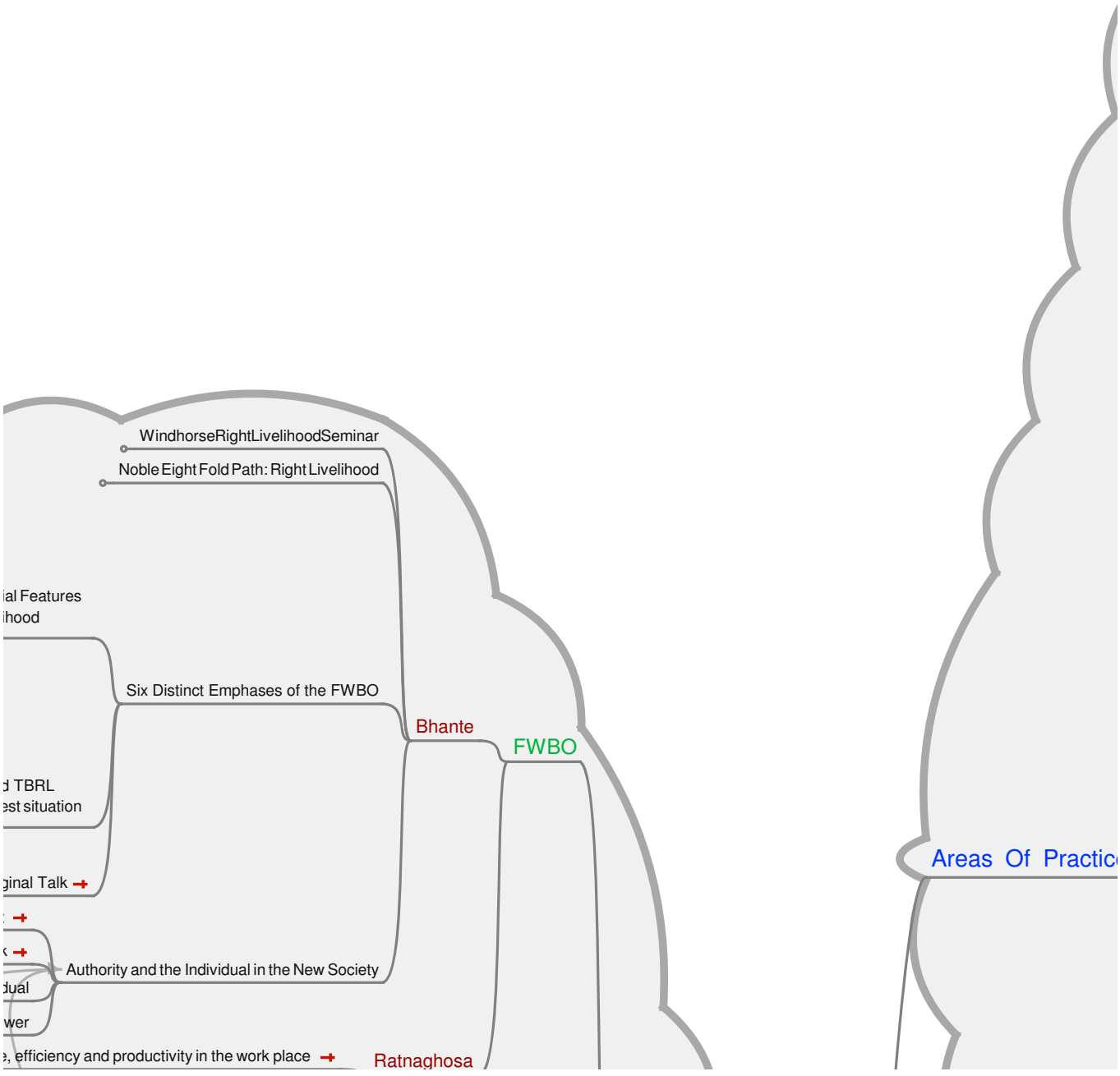
WindhorseRightLivelihoodSeminar
Noble Eight Fold Path: Right Livelihood
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Six Distinct Emphases of the FWBO
d TBRL
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Authority and the Individual in the New Society
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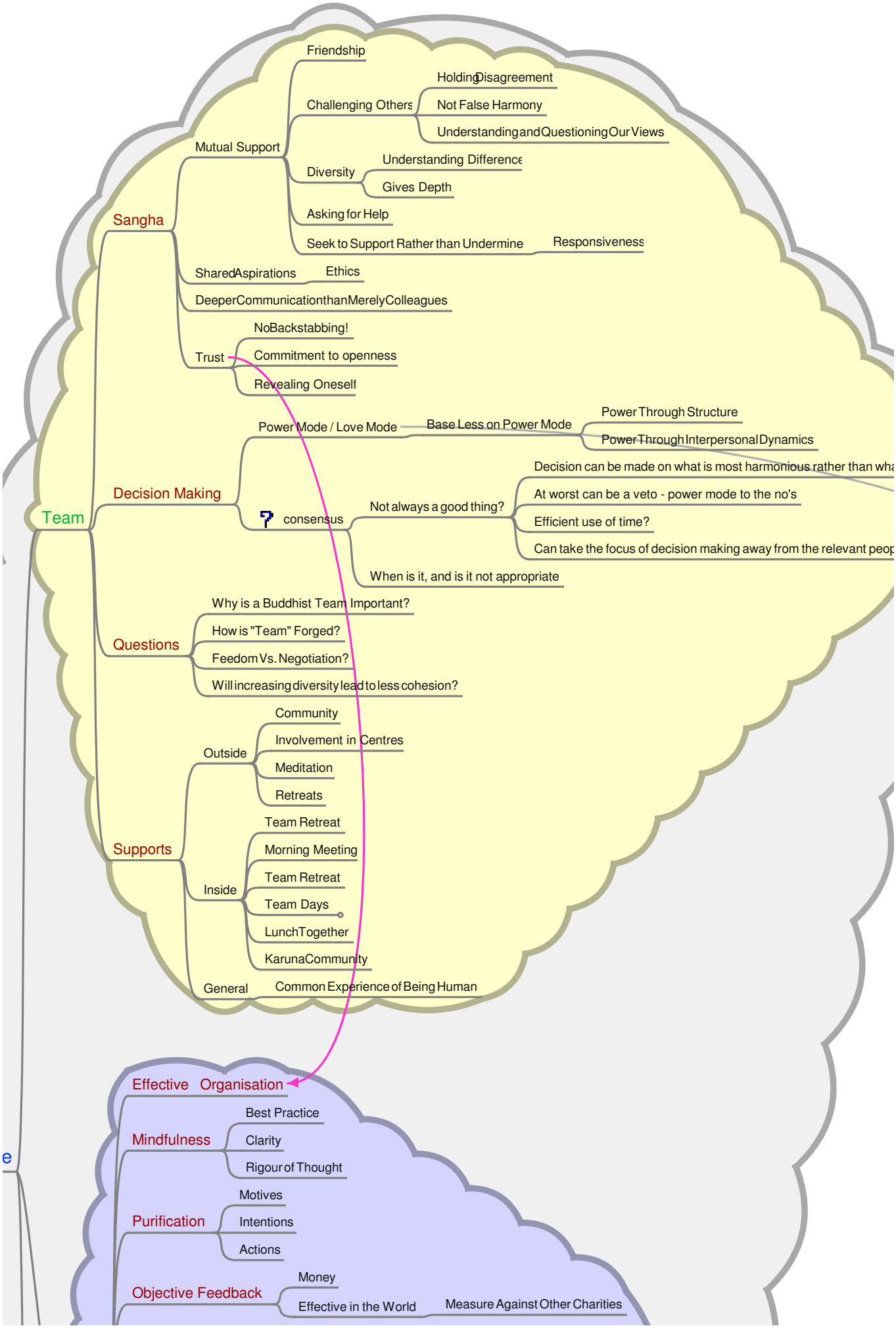
e, efficiency and productivity in the work place
Bhante
FWBO
Ratnaghosa
Areas Of Practic


Team
Sangha
Mutual Support
Friendship
Challenging Others
Holding Disagreement
Not False Harmony
Understanding and Questioning Our Views
Diversity
Understanding Difference
Gives Depth
Asking for Help
Seek to Support Rather than Undermine
Responsiveness
Shared Aspirations
Ethics
Deeper Communication than Merely Colleagues
Trust
No Backstabbing!
Commitment to openness
Revealing Oneself
Decision Making
Power Mode / Love Mode
Base Less on Power Mode
Power Through Structure
Power Through Interpersonal Dynamics
consensus
Not always a good thing?
Decision can be made on what is most harmonious rather than wha
At worst can be a veto - power mode to the no's
Efficient use of time?
Can take the focus of decision making away from the relevant peop
When is it, and is it not appropriate
Questions
Why is a Buddhist Team Important?
How is "Team" Forged?
Feedom Vs. Negotiation?
Will increasing diversity lead to less cohesion?
Supports
Outside
Community
Involvement in Centres
Meditation
Retreats
Inside
Team Retreat
Morning Meeting
Team Retreat
Team Days
Lunch Together
Karuna Community
General
Common Experience of Being Human
Effective Organisation
Mindfulness
Best Practice
Clarity
Rigour of Thought
Purification
Motives
Intentions
Actions
Objective Feedback
Money
Effective in the World
Measure Against Other Charities

at is best
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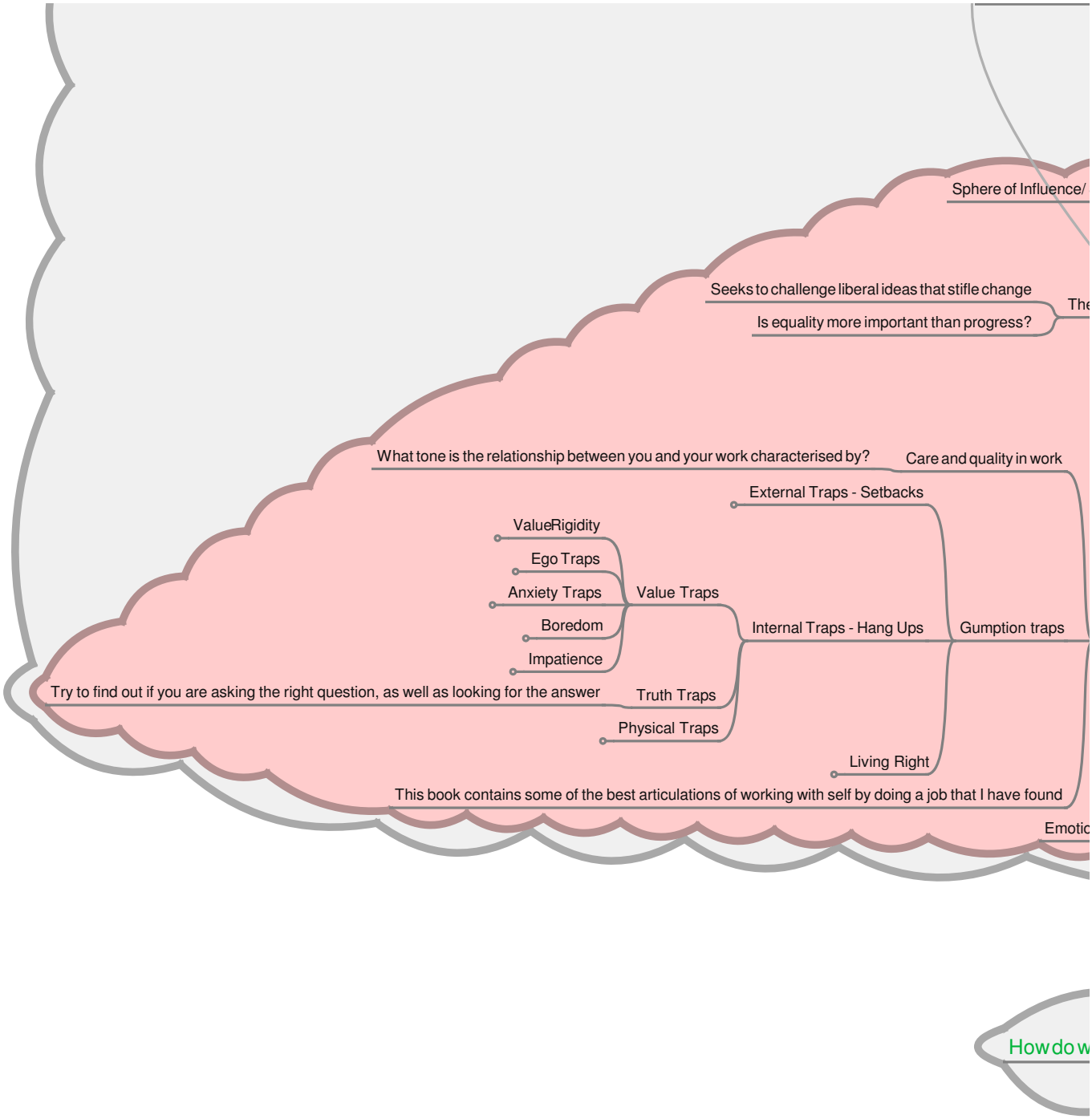
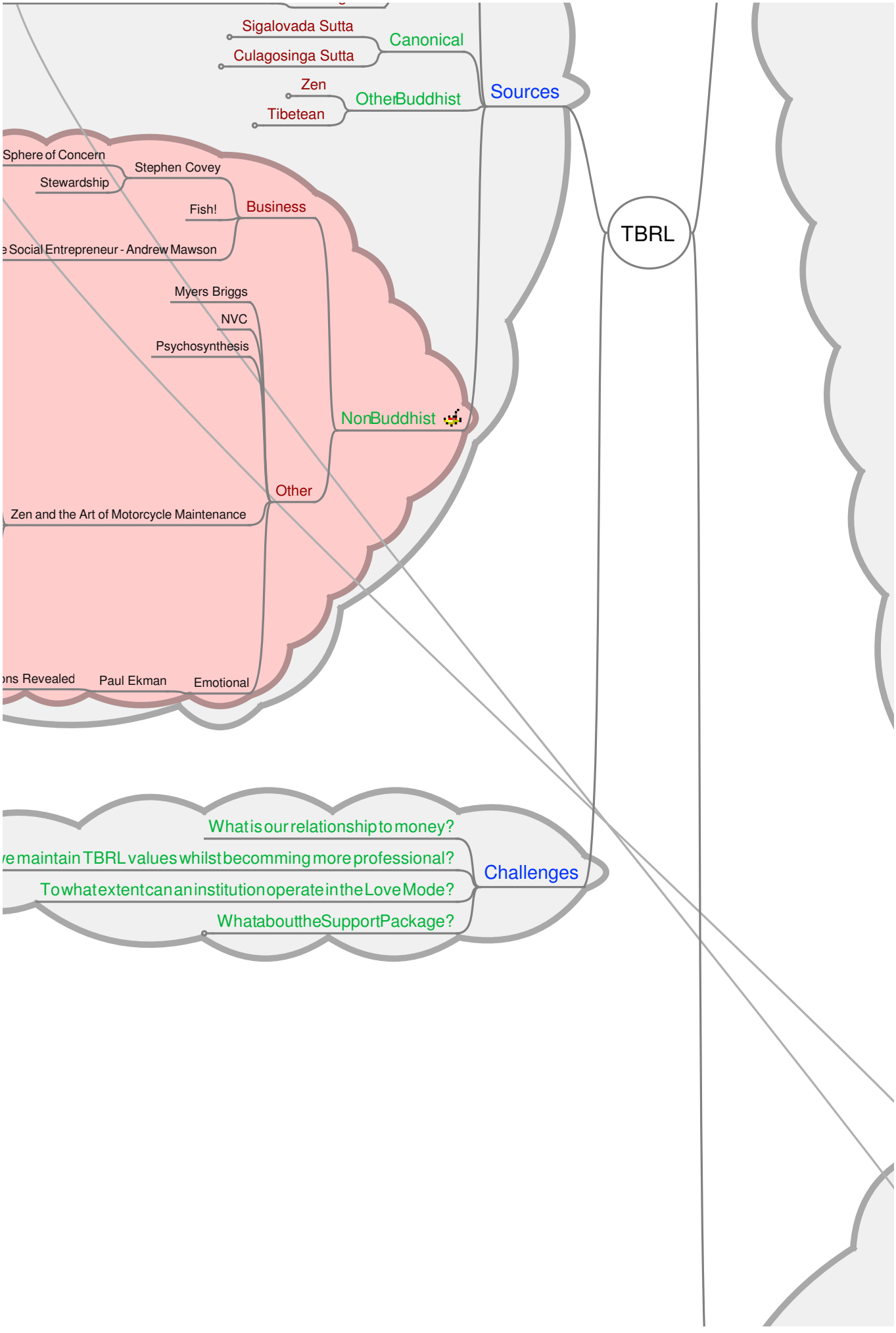
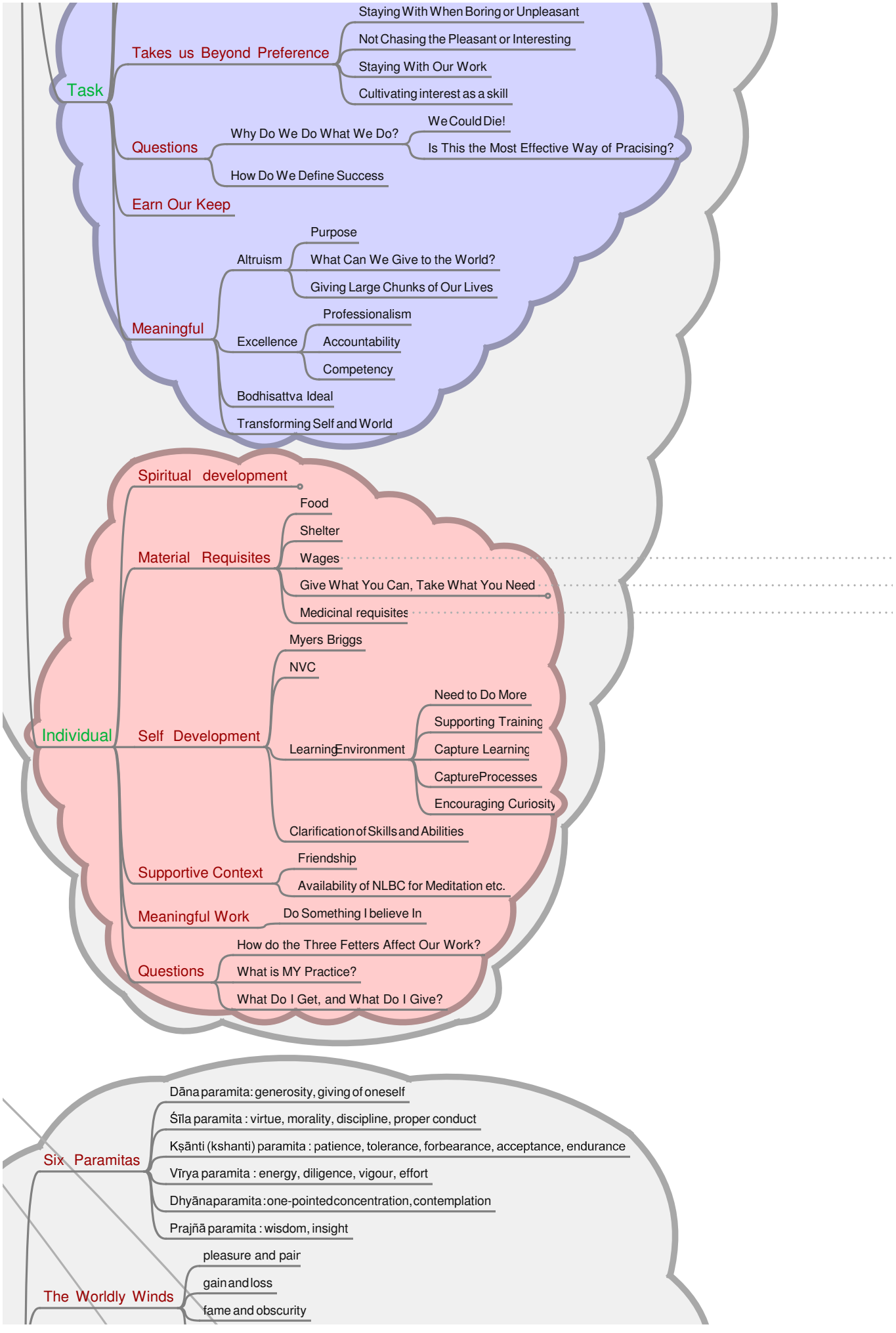
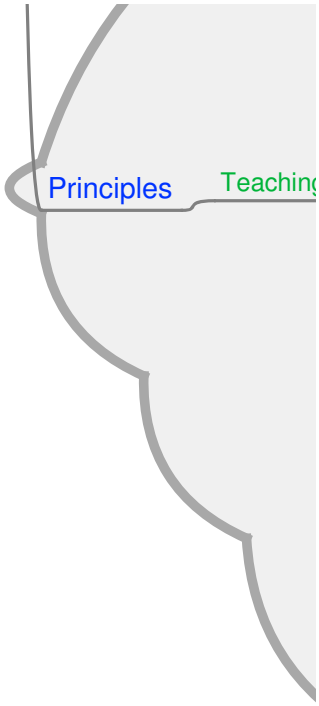
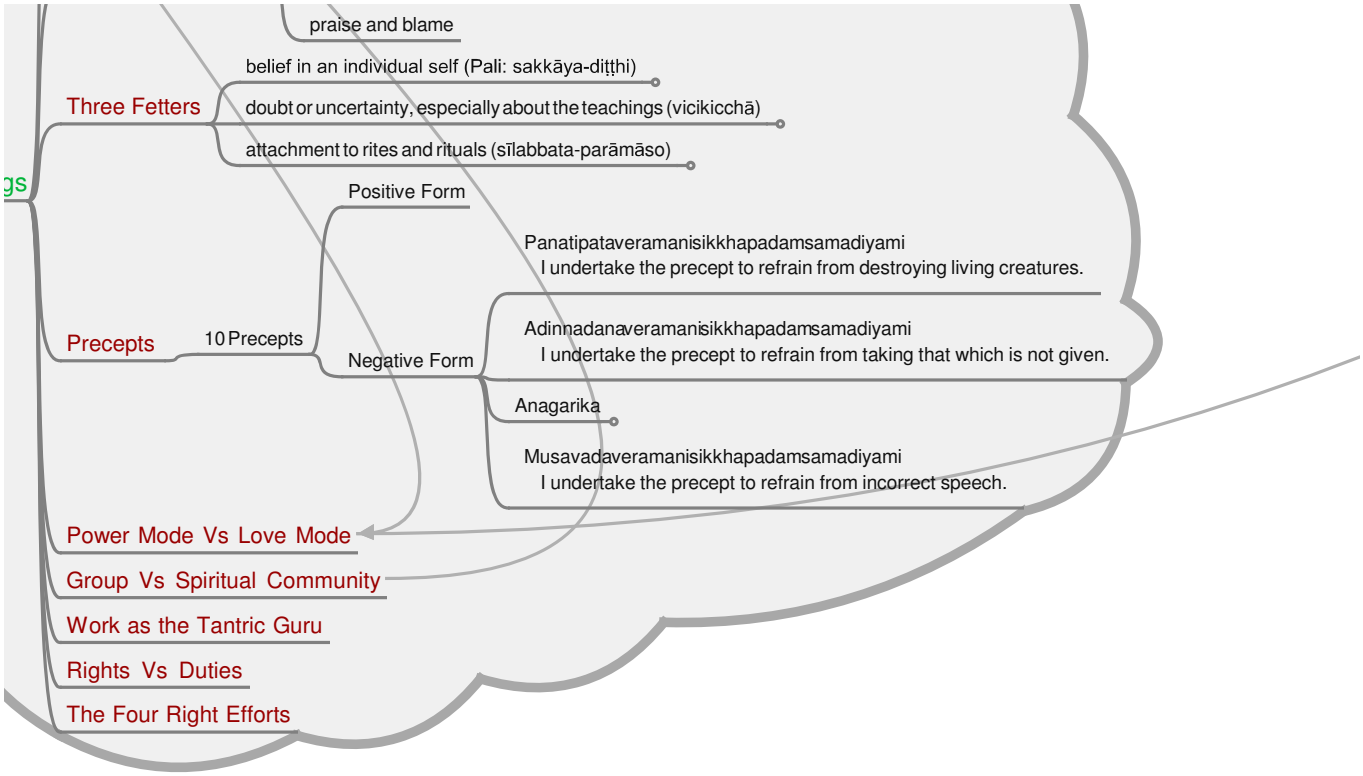
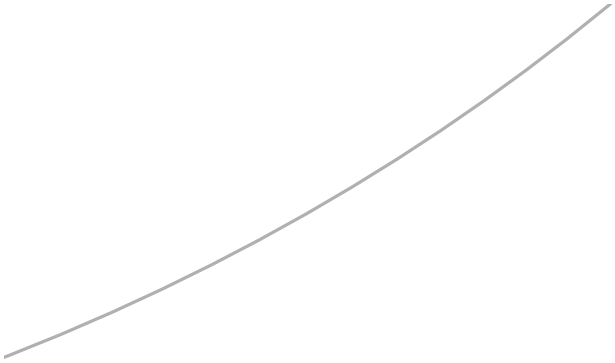

Sphere of Influence/
Seeks to challenge liberal ideas that stifle change
Is equality more important than progress?
What tone is the relationship between you and your work characterised by?
Care and quality in work
External Traps - Setbacks
ValueRigidity
Ego Traps
Anxiety Traps
Value Traps
Boredom
Impatience
Internal Traps - Hang Ups
Gumption traps
Try to find out if you are asking the right question, as well as looking for the answer
Truth Traps
Physical Traps
Living Right
This book contains some of the best articulations of working with self by doing a job that I have found
How do w


TBRL
Sources
Canonical
Sigalovada Sutta
Culagosinga Sutta
OtherBuddhist
Zen
Tibetean
NonBuddhist
Business
Sphere of Concern
Stephen Covey
Stewardship
Fish!
Social Entrepreneur - Andrew Mawson
Myers Briggs
NVC
Psychosynthesis
Other
Zen and the Art of Motorcycle Maintenance
ons Revealed
Paul Ekman
Emotional
Challenges
What is our relationship to money?
ve maintain TBRL values whilst becomming more professional?
To what extent can an institution operate in the Love Mode?
What about the Support Package?


Task
Takes us Beyond Preference
Staying With When Boring or Unpleasant
Not Chasing the Pleasant or Interesting
Staying With Our Work
Cultivating interest as a skill
Questions
Why Do We Do What We Do?
We Could Die!
Is This the Most Effective Way of Pracising?
How Do We Define Success
Earn Our Keep
Meaningful
Altruism
Purpose
What Can We Give to the World?
Giving Large Chunks of Our Lives
Excellence
Professionalism
Accountability
Competency
Bodhisattva Ideal
Transforming Self and World
Individual
Spiritual development
Material Requisites
Food
Shelter
Wages
Give What You Can, Take What You Need
Medicinal requisites
Self Development
Myers Briggs
NVC
Learning Environment
Need to Do More
Supporting Training
Capture Learning
Capture Processes
Encouraging Curiosity
Clarification of Skills and Abilities
Supportive Context
Friendship
Availability of NLBC for Meditation etc.
Meaningful Work
Do Something I believe In
Questions
How do the Three Fetters Affect Our Work?
What is MY Practice?
What Do I Get, and What Do I Give?
Six Paramitas
Dāna paramita: generosity, giving of oneself
Śīla paramita : virtue, morality, discipline, proper conduct
Kṣānti (kshanti) paramita : patience, tolerance, forbearance, acceptance, endurance
Vīrya paramita : energy, diligence, vigour, effort
Dhyānaparamita : one-pointed concentration, contemplation
Prajñā paramita : wisdom, insight
The Worldly Winds
pleasure and pair
gain and loss
fame and obscurity


Principles
Teachin


praise and blame
belief in an individual self (Pali: sakkāya-diṭṭhi)
Three Fetters
doubt or uncertainty, especially about the teachings (vicikicchā)
attachment to rites and rituals (sīlabbata-parāmāso)
gs
Positive Form
Panatipataveramanisikkhapadamsamadiyami
I undertake the precept to refrain from destroying living creatures.
Precepts
10 Precepts
Adinnadanaveramanisikkhapadamsamadiyami
Negative Form
I undertake the precept to refrain from taking that which is not given.
Anagarika
Musavadaveramanisikkhapadamsamadiyami
I undertake the precept to refrain from incorrect speech.
Power Mode Vs Love Mode
Group Vs Spiritual Community
Work as the Tantric Guru
Rights Vs Duties
The Four Right Efforts