

BUDDHIST PASSAGES AND TEACHINGS THAT PROMOTE...

The Buddhist faith has rich and deeply insightful teachings about non-violence (ahimsa), gender equality and healthy relationships. Sharing teachings that promote non-violence and equality can support the aim of reducing violence and harm towards women and achieving greater equality.

NON-VIOLENCE

The Metta Sutta

Let none deceive another,
or despise any being in any state.
Let none through anger or ill-will
Wish harm upon another.
Even as mother protects with her life
Her child, her only child,
So with a boundless heart
Should one cherish all living beings;
Radiating kindness over the entire world
Spreading upwards to the skies,
And downwards to the depths;
Outwards and unbounded,
Freed from hatred and ill-will.

Source:

<https://www.accesstosight.org/tipitaka/kn/snp/snp.1.08.amar.html>

Dhammapada Verses 133 and 134

Kondadhanatthera Vatthu

Source:

<https://www.tipitaka.net/tipitaka/dhp/verseload.php?verse=133>

"Sabbe tasanti dandassa sabbe bhayanti maccuno
attanaj upamaj katva na haneyya na ghataye."

Everybody trembles at punishment; everybody fears
death.

Having made the comparison with oneself, let one
not kill, nor cause another to kill.

<https://www.tipitaka.net/tipitaka/dhp/verseload.php?verse=130>

Four Immeasurables

equanimity, love, compassion, and joy

Source: <https://tricycle.org/magazine/four-immeasurables/>

Buddhist Prayer for the Museum of World Religions On the Occasion of their 19th Anniversary and World Religious Harmony Day - October 2020

We celebrate this auspicious occasion
with the hope that we can work together
to bring outer and inner peace in the
world
through developing universal love
(metta),
compassion extended to all beings
(karuna),
joy in the happiness of others (mudita)
and a mind of equanimity for each other
(upekka).

Spoken by Christie Chang, Joint President
of International Buddhist Confederation
Written by Diana Cousens

GENDER EQUALITY

The Lotus Sutra

Following the death of King Suddhodana, Mahapajapati, Buddha's stepmother and aunt, first asked him to ordain her, however he declined her request three times - it is said that Buddha hesitated given the patriarchal nature of society at that time.

Mahapajapati and 500 women travelled to Vaishali, where Bhikkhu Ananda, one of Buddha's closest male disciples, interceded on their behalf.

When questioned regarding women's ability to attain enlightenment, the Buddha is said to have answered that women were equally capable as men.

“At the start I took a vow, hoping to make all persons equal to me, without any distinction between us, and what I long ago hoped for has now been fulfilled.”

Shakyamuni Buddha. The Lotus Sutra, translated by Burton Watson, p.36 .

2018 Australian Sangha Association
Statement on Eliminating Violence
and Discrimination: With a Special
Emphasis on Women and Children

[https://www.australiansangha.org/
statements](https://www.australiansangha.org/statements)

Mahaparinirvana Sutta

As long as a society protects
the vulnerable among them,
they can be expected to
prosper and not decline.

BUDDHIST PASSAGES AND TEACHINGS THAT PROMOTE ...

HEALTHY RELATIONSHIPS

5 responsibilities of a husband to a wife in the Sigalovada sutta

In five ways, young householder, should a wife as the West be ministered to by a husband:

- (i) by being courteous to her,
- (ii) by not despising her,
- (iii) by being faithful to her,
- (iv) by handing over authority to her,
- (v) by providing her with adornments.

The wife thus ministered to as the West by her husband shows her compassion to her husband in five ways:

- (i) she performs her duties well,
- (ii) she is hospitable to relations and attendants
- (iii) she is faithful,
- (iv) she protects what he brings,
- (v) she is skilled and industrious in discharging her duties.

In these five ways does the wife show her compassion to her husband who ministers to her as the West. Thus is the West covered by him and made safe and secure.

Source: <https://accesstoinight.org/tipitaka/dn/dn.31.0.nara.html>

“When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That's the message he is sending.” - Thich Nhat Hanh

“Anger, hatred and jealousy never solve problems, only affection, concern and respect can do that.” – Dalai Lama.

“If you suffer and make your loved ones suffer, there is nothing that can justify your desire.” - Thich Nhat Hanh

“Remember that the best relationship is one in which your love for each other exceeds your need for each other.” – Dalai Lama

“When we are caught up in a destructive emotion, we lose one of our greatest assets: our independence.” – Dalai Lama

“Give the ones you love wings to fly, roots to come back and reasons to stay.” – Dalai Lama.

Interfaith Prayer on the Occasion of the Vesak Celebration Saturday 22 May 2010 - Melbourne Town Hall

We are here today to celebrate the life of the Buddha and remember his great contribution to humanity.

In a world driven with conflict, we remember the antidote to hatred is not more hatred, but compassion.

In a world where there is violence on the street, we remember the antidote to violence is kindness and respect.

In a world where many people feel that they have lost their way, we remember that the wisdom traditions of the world show the path to living with wisdom.

In a world where there is poverty, we remember that the solution to poverty is both generosity and knowledge.

In a world where there are wars fought on the basis of nationalism and ethnicity, we remember that all the great religions teach us of our shared humanity.

In a world made poor by the exploitation of the vulnerable and the environment, we remember the attitude of equanimity that treats others' welfare and happiness as important as our own.

In a world where places of worship are destroyed and libraries are burned, we will do what we can to restore and build places of worship and create new libraries and places of learning.

The wisdom of the Buddha is the wisdom of selflessness and great compassion. These are gifts to humanity that do not age and which remain fresh even as millennia come and go.

On the occasion of his birthday we remember these gifts and rejoice in their freshness.

Spoken by Dr Di Cousins, Father John Dupuche and Dr Jayant Bapat
Written by Di Cousins