# lotus8 Introduction

## Sanghakarman Master:

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Sisters and Brothers: This is the moment when we enjoy reciting the EIGHT DIVERSITY TRAININGS together. The EIGHT DIVERSITY TRAININGS were developed first in 2002 and published in the Mindfulness Bell. Larry Yang included them in the book ***Friends on the Path***, a book focused on Sangha building.

They contain elements of both the Five Mindfulness Trainings and the Fourteen Mindfulness Trainings of the Order of Interbeing. As such, they are also a concrete expression of the Buddha’s teachings on the Four Noble Truths and the Noble Eightfold Path, the path of right understanding and true love, leading to healing, transformation, and happiness for ourselves and for the world.

To practice the EIGHT DIVERSITY TRAININGS is to cultivate the insight of interbeing, or Right View, which can remove all discrimination, intolerance, anger, fear, and despair.

If we live according to the EIGHT DIVERSITY TRAININGS, we are already on the path of inclusiveness and the three other teachings on True Love: Loving Kindness, Compassion, and Sympathetic Joy. Knowing we are on that path, we can find ourselves looking deeply at our confusions about the past and our fears about the future.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_, please read the First Training in Diversity.

Then others beside \_\_\_\_\_\_\_\_\_\_\_, please read in turn.

##### ( bell )

## First Reader: **The First Training in Diversity**

Aware of the suffering caused by imposing one’s own opinions or cultural beliefs upon another human being, I undertake the training to refrain from forcing others, in any way ––through authority, threat, ﬁnancial incentive, or indoctrination ––to adopt my own belief system. I commit to respecting every human being’s right to be different, while working towards the elimination of suffering of all beings.

This is the First of the Eight Trainings in Diversity. Will you make an effort to study, practice and observe it?

##### ( three breaths )

##### ( bell )

## Second Reader: **The Second Training in Diversity**

Aware of the suffering caused by invalidating or denying another person’s experience, I undertake the training to refrain from making assumptions or judging harshly any beliefs and attitudes that are different from my own or not understandable to me. I commit to being open-minded and accepting of other points of view, and I commit to meeting each perceived difference in another person with kindness, respect, and a willingness to learn more about their worldview

This is the second of the Eight Trainings in Diversity. Will you make an effort to study, practice and observe it?

##### ( three breaths )

##### ( bell )

Third Reader: **The Third Training in Diversity**  
  
Aware of the suffering caused by the violence of treating someone as inferior or superior to one’s own self, I undertake the training to refrain from diminishing or idealizing the worth, integrity, and happiness of any human being. Recognizing that my true nature is not separate from others, I commit to treating each person that comes into my consciousness with the same loving kindness, care, and equanimity that I would bestow upon a beloved benefactor or dear friend.

This is the third of the Eight Trainings in Diversity. Will you make an effort to study, practice and observe it?

##### ( three breaths )

##### ( bell )

Fourth Reader: **The Fourth Training in Diversity**

Aware of the suffering caused by intentional and unintentional acts of rejection, exclusion, avoidance, or indifference towards people who are culturally, physically, sexually, or economically different from me, I undertake the training to refrain from only relating to people of similar backgrounds as myself and from being only with people who make me feel comfortable. I commit to searching out ways to diversify my relationships and to increase my sensitivity towards people of different cultures, ethnicities, sexual orientations, ages, physical abilities, genders, and economic means.

This is the fourth of the Eight Trainings in Diversity. Will you make an effort to study, practice and observe it?

##### ( three breaths )

##### ( bell )

Fifth Reader: **The Fifth Training in Diversity**

Aware of the suffering caused by the often unseen nature of privilege, and the ability of privilege to beneﬁt a select population over others, I undertake the training to refrain from exploiting any person or group, on any level, including economically, sexually, intellectually, or culturally. I commit to examine with wisdom and clear comprehension the ways that I have privilege in order to determine skillful ways of using privilege for the beneﬁt of all beings, and I commit to the practice of generosity in all aspects of my life and towards all human beings, regardless of cultural, ethnic, racial, sexual, age, physical, or economic differences.

This is the fifth of the Eight Trainings in Diversity. Will you make an effort to study, practice and observe it?

##### ( three breaths )

##### ( bell )

Sixth Reader: **The Sixth Training in Diversity**

Aware of the suffering caused to myself and others by fear and anger during conﬂict or disagreement, I undertake the training to refrain from reacting defensively, using harmful speech because I feel injured, or using language or cognitive argument to justify my sense of rightness. I commit to communicate and express myself mindfully, speaking truthfully from my heart with patience and compassion. I commit to practice genuine and deep listening to all sides of a dispute, and to remain in contact with my highest intentions of recognizing Buddha nature within all beings.

This is the sixth of the Eight Trainings in Diversity. Will you make an effort to study, practice and observe it?

##### ( three breaths )

##### ( bell )

Seventh Reader: **The Seventh Training in Diversity**

Aware of the suffering caused by the ignorance of misinformation and the lack of information that aggravate ﬁxed views, stereotypes, the stigmatizing of a human being as “other,” and the marginalization of cultural groups, I undertake the training to educate myself about other cultural attitudes, worldviews, ethnic traditions, and life experiences outside of my own. I commit to be curious with humility and openness, to recognize with compassion the experience of suffering in all beings, and to practice sympathetic joy when encountering the many different cultural expressions of happiness and celebration around the world.

This is the seventh of the Eight Trainings in Diversity. Will you make an effort to study, practice and observe it?

##### ( three breaths )

##### ( bell )

Eighth Reader: **The Eighth Training in Diversity**

Aware of the suffering caused by the cumulative harm that a collective of people can impose on individuals and other groups, I undertake the training to refrain from consciously validating or participating in group processes, dynamics, activities, decisions, or actions which perpetuate suffering on a familial, social, institutional, governmental, societal, cultural, or global level. I commit to exploring, examining and eliminating the ways that I consciously and unconsciously ally myself with forces that cause harm and oppression, and commit myself to working for the beneﬁt and peace of all.

This is the eighth of the Eight Trainings in Diversity. Will you make an effort to study, practice and observe it?

##### ( three breaths )

##### ( bell )

# lotus8 Concluding Words

## Sanghakarman Master:

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Brothers and Sisters, we have recited the EIGHT DIVERSITY TRAININGS, contributing to happiness for the individual, the family, and society. Let us recite them regularly so that our study and practice of the EIGHT DIVERSITY TRAININGS can deepen day by day.

##### ( bell ) ( bell )