

Intending Contemplation for the Sake of Kindness

July 23, 2025; Stephen Liu
Chenrezig Buddhist Center, Philadelphia

Objective: To remember and reflect on the importance of creating time and space for contemplation in the spirit of the Buddha



Photo: Chenrezig Tibetan Buddhist Center Altar

- I. Who I am
- II. What is the Chenrezig Buddhist Center?
- III. How I was drawn to Buddhism
- IV. The Most Important thing I have learned from Buddhism, since beginning my journey
- V. The Questions
- VI. The Practice

"Abandon every evil deed
Practice virtue well Perfectly
subdue your mind
This is the Buddha's teaching"
~ Buddha Shakyamuni

"My religion is kindness"
~ His Holiness the Dalai Lama

Question #1: What counts as an act of kindness? An act of *great* kindness?

Question #2 : Have been shown a kindness?
How do you care for that memory?