



VISION

Aligning community development with the path of awakening.

KEY CONCEPTS

Dhamma

The teaching of Buddha, as preserved in Theravada Buddhism.

dhammas

The principles of Dhamma, such as *mindfulness*, *effort*, etc. These are already well-defined by Buddha.

Social dhammas are corresponding social principles, such as *mindful communication*, *social praxis*, etc. These are redefined by each group.

Community

Groups & associations, which may be based on a common place of residence, a common work-place, or common interests, goals, issues etc.

Co-creation

Co-operatively creating new ways of communicating, relating & behaving in community.

Awakening

Dhamma is practiced to awaken to the true nature of reality.

Social Dhamma is practiced to awaken our power to co-create social realities of our choosing.

RELATED OFFERINGS

- ▶ **Private Sessions**
- ▶ **Mindful Communication Workshops & Classes**
- ▶ **Community Development Consulting**
- ▶ **Community Meeting Facilitation**
- ▶ **Social Dhamma Retreats**

“We stand at a critical moment in Earth’s history; a time when humanity must choose its future.” – The Earth Charter, 2001.

The world is in a state of crisis. The underlying causes of this crisis exist within each one of us. They arise in our thoughts, feelings and emotions, they play out in the ways we communicate, relate and behave, and they accumulate collectively to create our shared social reality of conflict and crisis. They can be reduced to 3 root causes: greed, fear and delusion.

The global crisis presents us with an opportunity, if not an ultimatum: *to liberate ourselves from slavery to greed, fear and delusion and co-create a world that expresses our most noble potential.* To accept this challenge is to participate willingly in the great adventure of our time: “the great turning from an industrial growth society to a life-sustaining civilization”¹.

ABOUT SOCIAL DHAMMA

What is Social Dhamma?

Development From Within

Social Dhamma is a Buddhist social paradigm, a perceptual lens through which to view the socially constructed world. It is not a theory, but a system of principles to be simultaneously learnt & applied in groupwork.

These principles direct our attention to the underlying psycho-social factors most directly responsible for our shared suffering and our shared happiness. By observing and applying these principles in groupwork, we gain the experiential wisdom to co-create social realities in which greed, fear and delusion cannot take root or grow into social problems.

The key to understanding and practicing Social Dhamma is to learn to perceive the inner and outer worlds as reflections of each other – as microcosm and macrocosm. When we can see the parallels, we can apply the wisdom of awakening to address the critical issues of our time. This is community development from within.

How Does it Work?

Social Dhamma Groupwork

Social Dhamma is best practiced in small groups. Herein, participants learn basic mindfulness meditation, practice remaining mindful of feelings, thoughts & mental states, and support each other in sustaining this mindfulness while communicating.

They are then guided through a collective meditation process, which uses mindful communication to enter into a state of group communion. As participants move from separation towards communion, strong or conflicting feelings, thoughts and emotions may arise. These are viewed as the ‘social issues’ of the group and addressed collectively.

Through this process, participants learn how to apply the principles of meditation to consciously co-create community, while generating collective insight into how our common social issues arise and how they are addressed by the principles of Social Dhamma.

INDIVIDUAL BENEFITS

Learn the principles of mindfulness and apply them in a social context.

Experience a collective meditation process approaching communion.

Create shared guidelines for intentional community building.

Discover new solutions to old problems and gain inspiration and new ideas for community activation.

Understand how to use community participation and co-creation as a path of awakening.

Participate in the global shift in collective consciousness.

GROUP OUTCOMES

Setting up the 7 social conditions that support awakening and using them to build community.

Cultivating empathic, heart-centred connection and communion.

Accessing collective insight into our common social problems and how to address them at their roots.

Generating shared visions of a world that is free from such problems, and manifesting that vision in the group.

Drawing upon the collective wisdom of the group to determine guidelines for ethical, wise and compassionate responses to such social issues.

Building our capacity to align the pursuit of our personal self-interest with the community's shared understanding and vision.

SOCIAL IMPACTS

A population that is progressively awakening our power to co-create a world of our choosing.

A self-organising network of self-determining communities governed by dynamic, collective leadership.

Acknowledgements

1. Joanna Macey & David Korten
2. Charles Eisenstein

“The next buddha will be a sangha [community].” – Thich Nhat Hanh.

Why Practice Social Dhamma?

Co-creating Conscious Community

The practice of both pure and applied mindfulness is of great benefit. Yet mindfulness alone is insufficient for awakening. In the Buddha's teaching (Dhamma), mindfulness is practiced to cultivate the 7 factors of awakening. In Social Dhamma, mindful communication is practiced to cultivate the 7 social conditions for the awakening of collective consciousness.

The 6th factor of awakening is *concentration*. The concentration of collective consciousness is a state of *communion*. In this state of deep empathic connection, we experience each others' thoughts and feelings as if they were our own. We understand each other without the need for words. We have both personal self-awareness and social self-awareness (awareness of collective consciousness).

In the state of communion, greed, fear or hatred cannot arise. Why not? Because these depend on the perception of ourselves as limited, separate individuals (the old paradigm), whereas in communion, we are absorbed into something larger and more intelligent than ourselves: collective consciousness. Through the experience of communion, we inclusively transcend the old paradigm of separation & competition.

This is an experience of inner and outer alignment, of fulfillment, abundance, joy and bliss. All of the inner resources of the group members – our wisdom, love, etc – are now available to the whole group to draw upon. We discover how we construct our shared social reality.

Who is it For?

Social Change Facilitators

Social Dhamma is for people who are concerned about the current state of the world, who have the courage to face their own shadow as well as our collective shadow, and who feel inspired and called to participate in the co-creation of new, alternative futures for humanity.

It will be of special interest to those who acknowledge the spiritual dimensions of humanity's current impasse and who recognise the value of applying spiritual principles in consciously co-creating a world that is free from corruption by greed, fear and delusion.

And it is ideally suited to those who are already awakening from the 'matrix' of our inherited worldview, and who are ready to work within a version of the emerging new paradigm.

ABOUT THE CREATOR

My name is Julian Robinson and I am the creator and founder of Social Dhamma. I have over 20 years of experience in Buddhist meditation, as taught by S.N. Goenka, Ajahn Brahm and Sayadaw U Tejaniya. I have worked as a counsellor, counsellor trainer, staff manager, cross-cultural social researcher and community development specialist and I hold a Masters degree in Community Development.

I have drawn upon skills, knowledge and understanding gained through all this experience to create Social Dhamma as my major life's work and offering to humanity in this time of global crisis. May we all choose to co-create 'the more beautiful world our hearts know is possible'².