Sati Center for Buddhist Studies
INTRODUCTION TO BUDDHIST CHAPLAINCY TRAINING

WRITING WORKSHOP
OCTOBER 15th 2022
9am - 10:45am

Presented by Vanessa Able
4 TYPES OF WRITING ASSIGNMENTS:

- Dharma Story / Reflection
- Action-Reflection
- Personal Religious History
- Dharmology
4 TYPES OF WRITING ASSIGNMENTS:

- Dharma Story / Reflection
- Action-Reflection
- Personal Religious History
- Dharmology
Dharma Story / Reflection

- Take your time - reread
- Note your personal reactions / responses
- Think about how others might experience the story
- Different perspectives from within the story
- Not an explanation of dharma
- Thoughts, feelings, associations
Action-Reflection

- Section 1 - (10%) - BEFORE - Set the scene, including your own emotions
- Section 2 - (50%) - DURING - What happened? What came up for you? Deep-dive your experience
- Section 3 - (40%) - AFTER - What Dharma or practice dimension has arisen through this encounter?
Pie Chart of ACTION REFLECTION ESSAYS

- During (what happened? what would you do differently?): 50%
- After (Dharma reflection; integration): 40%
- Before (background): 10%
Before the encounter:

What were your-

- Thoughts
- Feelings
- Expectations
- Assumptions
During the encounter

-What moments/words stood out to you?

-What were you drawn to/what did you pull away from?

-Did this person remind you of anyone?

-What challenged your beliefs?

-What do you wish you had known more about?

-What would you do differently?
After the encounter

-What aspect of the dharma/teaching/image comes up?

-What new questions and learnings arise for you?

-How can you use this awareness in future encounters?