

BUDDHIST TEACHINGS



FOR THE RABBIT

Buddhism is a 2,600 year old path to true happiness, taught by The Lord Buddha in what is today Northeast India. His dhamma or teaching is as true today as it was then and within it is the priceless path to peace. We can live the teachings every day, in every moment, even at the rave.

Don't be fooled, you can't get enlightened or attain liberation from raving or any pleasure of the senses. Yet you can develop your awareness, your mindfulness, your community, your virtue, your love and your compassion. Raves can be a good training ground to develop a variety of important skills from generosity to patience.

Sangha [Sahn-guh]

The Sangha, the Buddhist Community, is a crucial element of attaining enlightenment. Even if you're not a Buddhist, you can recognize the importance of friendship and community. We can build a wonderful community and make lifelong friends here in the rave scene.

Use the raves as an opportunity to talk and connect with others. Dance with other dancers, don't worship the DJ as if they could dispense salvation. There is no community or connection in everyone facing the turntables and dancing with themselves.

Sīla [See-lah]

Sīla aka virtue or morality is the foundation of all Buddhist practice. There is no liberation without sīla and it is easy to practice during every rave.

- Practice generosity. Bring things to give away at the rave like water, food, kandi, earplugs, etc.
- Be Honest & Vulnerable. Be real about who you are, what you care about and how you're feeling. Don't lie about yourself or others.
- Take Care of Yourself. Don't get so high on drugs you're slamming into people on the dance floor.

- Take Care of Others. Look out for people who do get too high, get dehydrated, or accidentally OD.

- Be Sexually Considerate. Be mindful of other peoples' space, desires for touch, and limits. Pay attention to social cues and non-verbal communication when you're looking at a sexy person, give them the authority to say "stop looking" without having to tell you.

- Be Kind, Be Compassionate. We don't always show up as our best selves, give yourself grace and give everyone else grace too. Remember that no rave is complete without people, like you.

Samādhi [Sahm-ah-dee]

Samādhi is absorption, a type of meditative state important on the path to enlightenment. Raves are a good opportunity to practice mindfulness and awareness, necessary skills on the path to samādhi.

- Do one thing at a time, without trying to judge the moment, in a way that is effective for the rave.
- Stay in the sensations of your body, remain focused on the movement of your limbs in time with the music. Stay in your body, not in your thoughts or head.

- Repeat thoughts of loving-kindness such as “may all beings be well”, change up the phrase and tempo to lock into the beat, make it funky if needed to stay on time.

- Try repeating a single word in your head every bar or few bars like “love”, “peace” or “happy”.

- Focus on listening to the music, hearing how each element changes or stays the same.

- Don't try to do too many things at once or it becomes like spinning plates. You won't become focused on anything, just jump between different experiences, thoughts and feelings. One thing at a time.

Paññā [Pahn-yah]

Paññā or wisdom comes from knowing things as they truly are. Wisdom can start from being aware of what we need, how what we do affects us and in what ways.

We can be careful and attentive to what we put in our bodies, not just drugs but food and water too. We can see the consequences of our actions and take responsibility for them. We can recognize that every rave that starts must in another moment come to an end.

I hope these teachings can help you develop skillful qualities while you're in the rave scene.