

Emerson Cafe

A feast for the Mind and Spirit



Unitarian Universalist Fellowship at Easton 7401 Ocean Gateway, Easton
We are located on Route 50 (Ocean Gateway) in Easton, across from the Easton High School athletic fields. 7:00 P.M. to 8:30 P.M.

New Years Resolutions - Buddhist Style

Wednesday **January 4, 2012 We can be Buddhas** - Compassion and the true meaning of empathy - Interconnectedness

Bob Thurman says we can be Buddhas | Video on TED.com -- In our hyperlinked world, we can know anything, anytime. And this mass enlightenment says Buddhist scholar Bob Thurman, is our first step toward Buddha nature.

http://www.ted.com/talks/lang/en/bob_thurman_says_we_can_be_buddhas.html

Joan Halifax: Compassion and the true meaning of empathy | Video on TED.com

Buddhist roshi Joan Halifax works with people at the last stage of life (in hospice and on death row).

She shares what she's learned about compassion in the face of death and dying, and a deep insight into the nature of empathy.

http://www.ted.com/talks/lang/en/joan_halifax.html

Wednesday **January 11, 2012 Habits of Happiness**

Matthieu Ricard on the habits of happiness | Video on TED.com

What is happiness, and how can we all get some? Biochemist turned Buddhist monk Matthieu Ricard says we can train our minds in habits of well being, to generate a true sense of serenity and fulfillment.

http://www.ted.com/talks/lang/en/matthieu_ricard_on_the_habits_of_happiness.html

Wednesday **January 18, 2012 Measuring What Makes Life Worthwhile**

Chip Conley: Measuring what makes life worthwhile | Video on TED.com

When the dotcom bubble burst, hotelier Chip Conley went in search of a business model based on happiness. In an old friendship with an employee and in the wisdom of a Buddhist king, he learned that success comes from what you count.

http://www.ted.com/talks/lang/en/chip_conley_measuring_what_makes_life_worthwhile.html

Wednesday **January 25, 2012 Peaceful Warrior**

Peaceful Warrior is a 2006 drama film starring Scott Mechlowicz, Nick Nolte, and Amy Smart.

Released on June 2, 2006, it is based on the novel Way of the Peaceful Warrior by Dan Millman.

The film tells the semi-autobiographical story of a talented and driven college gymnast (Scott Mechlowicz) who is in a horrific car accident and realizes he may never compete again. Forced to re-evaluate the way he lives, he turns for help to an unusual and mysterious spiritual mentor he calls Socrates (Nick Nolte), whom he met in a gas station, an American Bodhisattva or "enlightenment being".