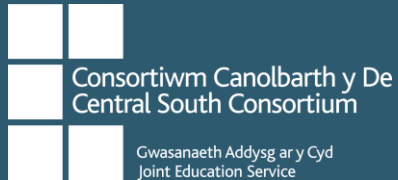


Gweminar Fyw Bwdhaeth

Live Webinar Buddhism



Mewngofnodwch

Sign In

Language: Cymraeg (Y Deyrnas Unedig)

Dyneiddiaeth a Bydolygon Dyneiddiol - DP Gweminar Fyw CCD/ EAS

Manylion Cyswllt Mynychwyr rhanbarthau CCD/ EAS

1. Enw llawn

Enter your answer

Buddhism and Buddhist Worldviews - Live Webinar PL CSC/ EAS



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Contact Details for CSC/EAS regions attendees

1. Full name

Enter your answer

Amcanion:

- Datblygu hyder a gwybodaeth pwnc ymarferwyr am Fwdhaeth
- Datblygu ymwybyddiaeth o'r amrywiaeth a'r plwraliaeth o fewn Bwdhaeth e.e. enghreifftiau o brofiadau bywyd
- Datblygu ymwybyddiaeth ymarferwyr o gyfleoedd posibl i ddatblygu profiadau dysgu dilys yn CGM sy'n ymwneud â Bwdhaeth
- Darparu mynediad at adnoddau a deunyddiau i ddatblygu gwybodaeth ymarferwyr am Fwdhaeth ymhellach, fel ymarferydd CGM

Aims:

- Develop practitioner confidence and subject knowledge about Buddhism
- Develop awareness of the diversity and pluralism within Buddhism e.g. examples of lived experiences
- Develop practitioner awareness of possible opportunities to develop authentic learning experiences in RVE relating to Buddhism
- Provide access to resources and materials to further develop practitioner knowledge of Buddhism, as a practitioner of RVE

Cyflwyniad/Introduction



Other resources/ Adnoddau eraill



Amanda (Mani) Dowsett

Area of Speciality: Cross phase

Religion & Worldviews: Buddhism

manidows@gmail.com



Shared Humanity

Our Shared Humanity is a good place to find out what SGI-UK is all about.

- How the SGI is a worldwide and empowering movement of ordinary people
- The philosophical and historical roots of Buddhism in easy to understand terms and the relevance for our lives today.
- The birth and evolution of the SGI movement based on these historical roots.
- What SGI is doing in society through members own voices.



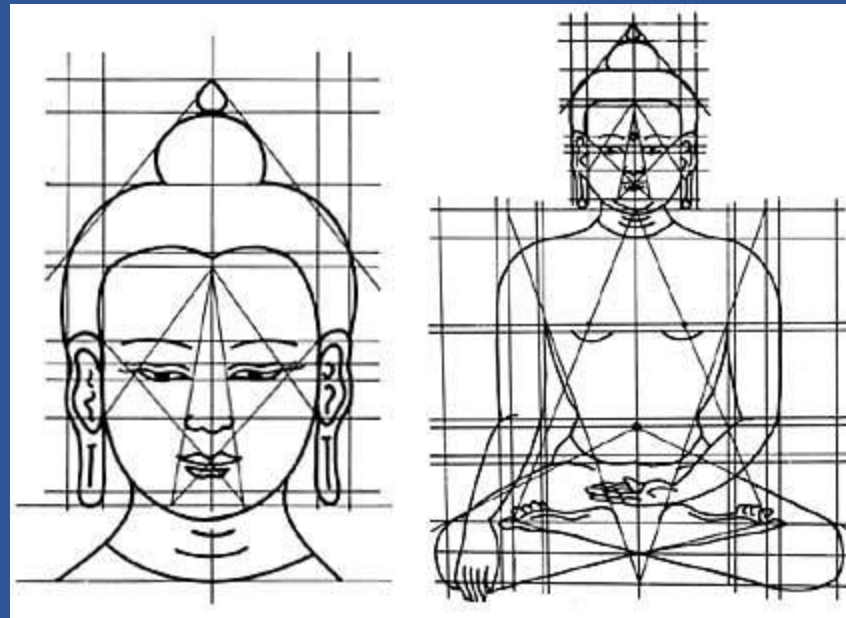
Other resources/ Adnoddau eraill



Buddhism – Rhai Arferion/Some Practices – Yn yr Ystafell Ddosbarth/In the Classroom



Buddhist Thought and Practice – a crash course



Meddwl ac Ymarfer Bwdhaidd –
cwrs carlam

Introduction/ Cyflwyniad

Dr Nick Swann

Senior Lecturer,
Buddhist Studies

University of South
Wales

nick.swann@southwales.ac.uk

- Dr Nick Swann
- Uwch Ddarlithydd,
Astudiaethau
Bwdhaidd
- Prifysgol De Cymru
- nick.swann@southwales.ac.uk

A question/Cwestiwn:

What springs to mind
when you think of
'Buddhism'?

Please respond via this
anonymous poll:

Vevox.app
161-746-522

Beth sy'n dod i'ch meddwl
pan fyddwch chi'n meddwl
am 'Fwdhaeth'?

Ymatebwch trwy'r arolwg
barn dienw hwn:

Vevox.app
161-746-522

There's no such thing as 'Buddhism'...
Does dim y fath beth â 'Bwdhaeth'...

... there are only Buddhists.

... dim ond Bwdhyddion sydd.

Pre-war ideas regarding
'Buddhism' still have serious
traction

Mae syniadau cyn y rhyfel am
'Fwdhaeth' yn dal i fod yn gryf
iawn

Hard to make generalisations –
internally diverse

Anodd cyffredinoli – yn fewnol
amrywiol

A whirlwind tour of Buddhist thought Taith wib o gwmpas meddwl Bwdhaidd

Cyclical time/Amser cylchol

Cyclical life/ Bywyd cylchol

Cosmology – samsara/ Cosmoleg - samsara

Rebirth, karma, and the 'self'/
Aileni, karma, a'r 'hunan'



Buddhist Practice/ Arfer Bwdhaidd

Buddhist precepts for lay people

Praeseptau Bwdhaidd ar gyfer lleygwyr

'Trainings' rather than 'commandments'

Hyfforddiant' yn hytrach na 'gorchmynion'

Who takes them?/ Pwy sy'n ei wneud?

Why take them? / Pam ei wneud?

śīla

Buddhist Practice – the five precepts for laity

Avoid harming other beings

Avoid taking what isn't yours

Avoid 'sexual misconduct'

Avoid lies and harmful speech

Avoid intoxication

Be kind to other beings

Be generous

Be respectful

Only speak if it's beneficial

Keep a clear mind

Arfer Bwdhaidd – y pum praesept ar gyfer lleygwyr

Osgoi niweidio bodau eraill

Bod yn garedig â bodau eraill

Ceisio osgoi cymryd yr hyn nad
yw'n eiddo i chi

Bod yn hael

Osgoi 'camymddwyn rhywiol'

Bod yn barchus

Osgoi celwydd a lleferydd niweidiol

Siarad dim ond os yw'n fuddiol

Osgoi meddwdod

Cadw meddwl clir

Buddhist Practice – other lay precepts

Some take extra precepts on certain days such as the full and new moon days:

Avoid eating after 12 noon

Avoid frivolous entertainment and wearing perfumes and garlands

Avoid luxurious beds

Which of the eight precepts would you find hardest to follow?

The precepts for monks and nuns – which run into the 100s – are often just refinements of these eight precepts.

Arfer Bwdhaidd – praeseptau lleyg eraill

Mae rhai yn cymryd praeseptau ychwanegol ar rai dyddiau fel y dyddiau lleuad llawn a newydd:

Ceisio osgoi bwyta ar ôl hanner dydd

Ceisio osgoi adloniant gwamal a gwisgo persawr a garlantau

Osgoi gwelyau moethus

Pa un o'r wyth praesept fyddai'n anoddaf i chi ei ddilyn?

Mae'r praeseptau ar gyfer mynachod a lleianod - sydd yn y cannoedd - yn aml yn ddim ond deillio o'r wyth praesept hyn.

Arfer Bwdhaidd – praeseptau lleyg eraill

Mae rhai yn cymryd praeseptau ychwanegol ar rai dyddiau fel y dyddiau lleuad llawn a newydd:

Ceisio osgoi bwyta ar ôl hanner dydd

Ceisio osgoi adloniant gwamal a gwisgo persawr a garlantau

Osgoi gwelyau moethus

Pa un o'r wyth praesept fyddai'n anoddaf i chi ei ddilyn?

Mae'r praeseptau ar gyfer mynachod a lleianod - sydd yn y cannoedd - yn aml yn ddim ond deillio o'r wyth praesept hyn.

Buddhist Practice - Meditation

There are dozens of different forms of meditation – it isn't 'one size fits all'.

Bhavana – '[mental] cultivation' – a skill which can be developed.

A serious meditator will find a reputable teacher, one with plenty of experience and who can tailor a programme for them.

Walking meditation

Arfer Bwdhaidd — Myfyrdod

Mae yna ddwsinau o wahanol fathau o fyfyrdod – nid yw'r 'un ateb i bawb'.

Bhavana – ‘tyfu [meddwl]’ – sgil y gellir ei datblygu.

Bydd myfyriwr difrifol yn dod o hyd i athro ag enw da, un â digon o brofiad ac a all deilwra rhaglen ar ei gyfer.

Myfyrdod cerdded

Buddhist people Pobl Fwdhaidd

Monks and nuns/ Mynachod a lleianod

Lay people/ Lleygwyr

Buddhist children/ Plant Bwdhaidd



Any questions?/ Unrhyw gwestiynau?

Anonymous text questions via/ Cwestiynau testun dienw trwy:

[Vevox.app](https://vevox.com)

161-746-522

Some reading/ Peth deunydd darllen

Cantwell, C. 2010. *Buddhism: The Basics*. London: Routledge.

Harvey, P. 2012. *An Introduction to Buddhism: Teachings, History and Practices*. 2nd ed. Cambridge: Cambridge University Press.

Gethin, R. 1998. *The Foundations of Buddhism*. Oxford and New York: Oxford University Press.

Shaw, S. 2021. *The Art of Listening*. Boston: Shambala

Gombrich, R. 2009. *What the Buddha Thought*. Sheffield: Equinox

Appleton, N. 2014. *Narrating Karma and Rebirth*. Cambridge: CUP.

Lopez, D. Jn. 1998. *Prisoners of Shangri-la*. Chicago: UoC Press

Harris, E. J. (ed.) 2021. *Buddhism in Five Minutes*. Sheffield: Equinox

Some resources/ Rhai adnoddau

Some Buddhist-related books for children:

<https://tricycle.org/article/buddhist-books-for-children/>

This site has translations of Buddhist *suttas*; these ones relate to the life of the Buddha: <https://www.accesstoinsight.org/ptf/buddha.html>

Thai Buddhist chanting: <https://www.youtube.com/watch?v=PKEBGNLMB2k>

Shakuhachi flute music (a Japanese flute that's more about breath-training than about the music): <https://www.youtube.com/watch?v=miUKO5>

Rhai llyfrau sy'n ymwneud â Bwdhaeth i blant:

<https://tricycle.org/article/buddhist-books-for-children/>

Mae gan y wefan hon gyfieithiadau o *suttas* Bwdhaidd; mae'r rhai hyn yn ymwneud â bywyd y Bwdha:

<https://www.accesstoinsight.org/ptf/buddha.html>

Llafarganu Bwdhaidd Thai:

<https://www.youtube.com/watch?v=PKEBGNLMB2k>

Cerddoriaeth ffliwt Shakuhachi (ffliwt Japaneaidd sy'n ymwneud yn fwy â hyfforddiant anadl nag am y gerddoriaeth):

<https://www.youtube.com/watch?v=miUKO5g0ONk>

Yn y 'Sgwrs' TEAMs

In the TEAMs 'Chat'

- Hoffais...
 - Byddwn i wedi newid...
 - Rwy'n cymryd hyn o'r sesiwn...
- I liked...
 - I'd have changed...
 - My take-aways are...

Bwdhaeth/ Buddhism – Camau Nesaf/Next Steps?



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Cofrestrwch ar gyfer y gweminarau byw nesaf

- Sesiwn 1 - Cristnogaeth; 21 Chwefror 2024 3:00pm-4:00pm
- Sesiwn 2 - Iddewiaeth; 28 Chwefror 2024 3:30pm-4:30pm
- Sesiwn 3 - Islam; 4 Mawrth 2024 3:00pm-4:00pm
- Sesiwn 4 - Dyneiddiaeth; 7 Mawrth 2024 4:00pm-5:30pm (Humanism UK)
- Sesiwn 5 - Hindu dharma; 10 Ebrill 2024 3:00pm-4:00pm
- Sesiwn 6 - Bwdhaeth; 16 Ebrill 2024 3:00pm-4:00pm

- **Sesiwn 7 - Sikhiaeth; 1 Mai 2024 3:00pm-4:00pm**

Cyfnod: Pob un

Cost: YN RHAD AC AM DDIM

Cyfrwng y cyflwyno: Saesneg

ARCHEBWCH YMA: <https://www.cscjes-cronfa.co.uk/events/9da83aad-d5f0-43e4-b548-e33cba14e65b/sessions>

Book for the next live webinars

- Session 1 - Christianity; 21st February 2024 3:00pm-4:00pm
- Session 2 - Judaism; 28th February 2024 3:30pm-4:30pm
- Session 3 - Islam; 4th March 2024 3:00pm-4:00pm
- Session 4 - Humanism; 7th March 2024 4:00pm-5:30pm (Humanism UK)
- Session 5 - Hindu dharma; 10th April 2024 3:00pm-4:00pm
- Session 6 - Buddhism; 16th April 2024 3:00pm-4:00pm

- **Session 7 - Sikhi; 1st May 2024 3:00pm-4:00pm**

Phase: All

Cost: FREE OF CHARGE

Language of Delivery: English

BOOK HERE: <https://www.cscjes-cronfa.co.uk/events/9da83aad-d5f0-43e4-b548-e33cba14e65b/sessions>

Gwerthusiad

Ymarferwyr **CCD** i Sganio'r Cod QR hwn:

COD: **E24102**



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**Rhannwch eich barn am
y digwyddiad heddiw**

**Share your feedback on
today's event**

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Cynon Taf a Bro Morgannwg**

Ymarferwyr **GCA** i Sganio'r Cod hwn:



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Thorfaen**



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Cysylltwch â ni/Contact Us

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