BIG IDEAS THAT CHANGED THE WORLD OF DISABILITY

What do they mean?How can we use them?





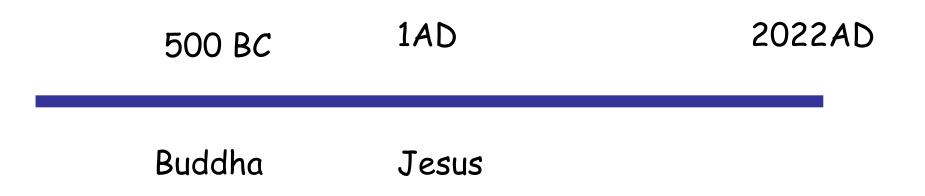
- A theory is an idea which:
- Helps us think about problems
- Explains why something happens
- Suggests what might happen next

Workshop

- » This workshop is about a different way of thinking about disability
- » We are going to learn how Buddhists view disability and the meaning of life
- » We will discuss what these ideas mean for us

About Buddhism

- » This is a really old religion
- » Founded by Buddha in India 2500 years ago
- » The teachings spread all over Asia
- » Now there are millions of Buddhists all over the world
- » Many are in the UK and Europe -Germany and Austria - and the USA



India

(show a map of India here)

Who was Buddha?

- » He was a really rich prince
- » He lived in a palace
- » But he felt something was missing
- » He left all his rich clothes and money behind
- » He went out into the world with one thing - a begging bowl for people to give him food

Buddha's big idea(s)

- He met many people who were poor, who had illness and disability, who were unhappy
- He said that life is suffering
- We must recognise this
- We must think about the reasons for suffering
- We must not run away from suffering

What should we do?

- » Take time to think about suffering
- » Do not be defeated by it
- » Find ways to help others and help the world
- » Like Buddha did

Culture, Disability, Suffering

People have different beliefs about disability.

In some cultures people think disability is a punishment for something a person, or their family, has done wrong.

In some cultures, people think disability is the result of a curse or a spell.

In many cultures, people think disability is the will of God.

And in some cultures people think a disabled child is very special, a gift to take care of.

In the West, people with disabilities are often shown as suffering and worthy of pity.

Disability

- »Buddha believed that disability is NOT the cause of our suffering
- »If you exclude people with disabilities then you create suffering not only for others but also for yourself
- »We need to think about how we are "privileged" and "rich" and what we do not like to see and exclude from our lives

Our Palaces

- A palace or castle is somewhere where we can feel protected
- The world is shut out
- We don't have to go there
- We can turn away from what makes us uncomfortable
- Build your own castle out of bricks!

Build your own castle

- » As you put it together, think about the ways you are privileged or rich
- » If we are going to go out and feel solidarity with others who suffer, we will need to leave our palace
- » Leave behind possessions, attitudes, beliefs
- » What will we take with us to share with others?

What have we learned from our game/discussion/activity

What does this mean to you?

•

•

Discussion questions

- Are these ideas new to you?
- How does the idea about all life being suffering change the way we think about disability?
- Is this idea different to how people in the West think about disability
- Do you know any other religions and their ideas on disability?