Buddhist Blessing Ceremony:
*Integrating the cultural, spiritual, and emotional needs of a community*

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Main Objectives

1) What the ceremony entails.
2) How it meets the needs of our clients.
3) How it can inform other clinical practices.
Considering the **Context**

- **History:** Genocide
  - Trauma, Mood Disorders, Anxiety Disorders
- **Status:** Refugees / Immigrants
  - Language Barrier, Unemployed, Lower SES, Lack Medical Insurance
- **Worldview:** Animism / Brahmanism / Buddhism
  - Belief in the Law of Karma
  - Astrology, Fortune Telling, Numerology
Integrating the Needs

Temple

Monks

Ajah

Community
The Blessing Ceremony

- Offering of the Elements: Incents, Lighting Candles, Flowers
- Prayer of Invocation
- Triple Gems: The Buddha, Dhamma, and The Sangha
- The Five Precepts
- Prayer of Blessing
- Prayer of Dedication for Ancestors
Outcome Surveys

Pre Surveys Results

- I think this will help me feel better physically
- I think this will help me sleep better
- I think this will help me have a better appetite
- I think this will be helpful and supportive
- I would like to feel better with family and friends
- I would like to feel calmer and more balanced
- I would like to feel better about myself
- I have no expectations

Not an Issue | No | Yes
Outcome Surveys

Post Surveys Results

1. I found the service helpful and supportive
   - Not an Issue: 0
   - No: 5
   - Yes: 30

2. I feel the same, no changes or improvements
   - Not an Issue: 15
   - No: 17
   - Yes: 7

3. I feel more comfortable around other people
   - Not an Issue: 3
   - No: 12
   - Yes: 25

4. I feel better physically
   - Not an Issue: 7
   - No: 18
   - Yes: 15

5. I sleep better
   - Not an Issue: 20
   - No: 8
   - Yes: 7

6. I have a better appetite
   - Not an Issue: 10
   - No: 8
   - Yes: 12

7. I feel better when I’m with family and friends
   - Not an Issue: 25
   - No: 5
   - Yes: 10

8. I like this type of service
   - Not an Issue: 0
   - No: 0
   - Yes: 0

9. I feel calmer and more balanced
   - Not an Issue: 0
   - No: 0
   - Yes: 0

10. I feel better about myself
    - Not an Issue: 0
    - No: 0
    - Yes: 0
“Don’t concentrate on the finger”

1) Context is the key that unlocks the gateway for us to draw upon the wisdom of the past to guide us in solving our problems in the present.

2) The ceremony points to something much deeper for our clients – it awakens them to realize they are not just paying back the past, but given the opportunity to create the future.

3) Being blessed is not simply ending our own suffering, rather it is to empower us to end the suffering of others.
Be Blessed!