



Integrated Network for Cambodians (INC)



# 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



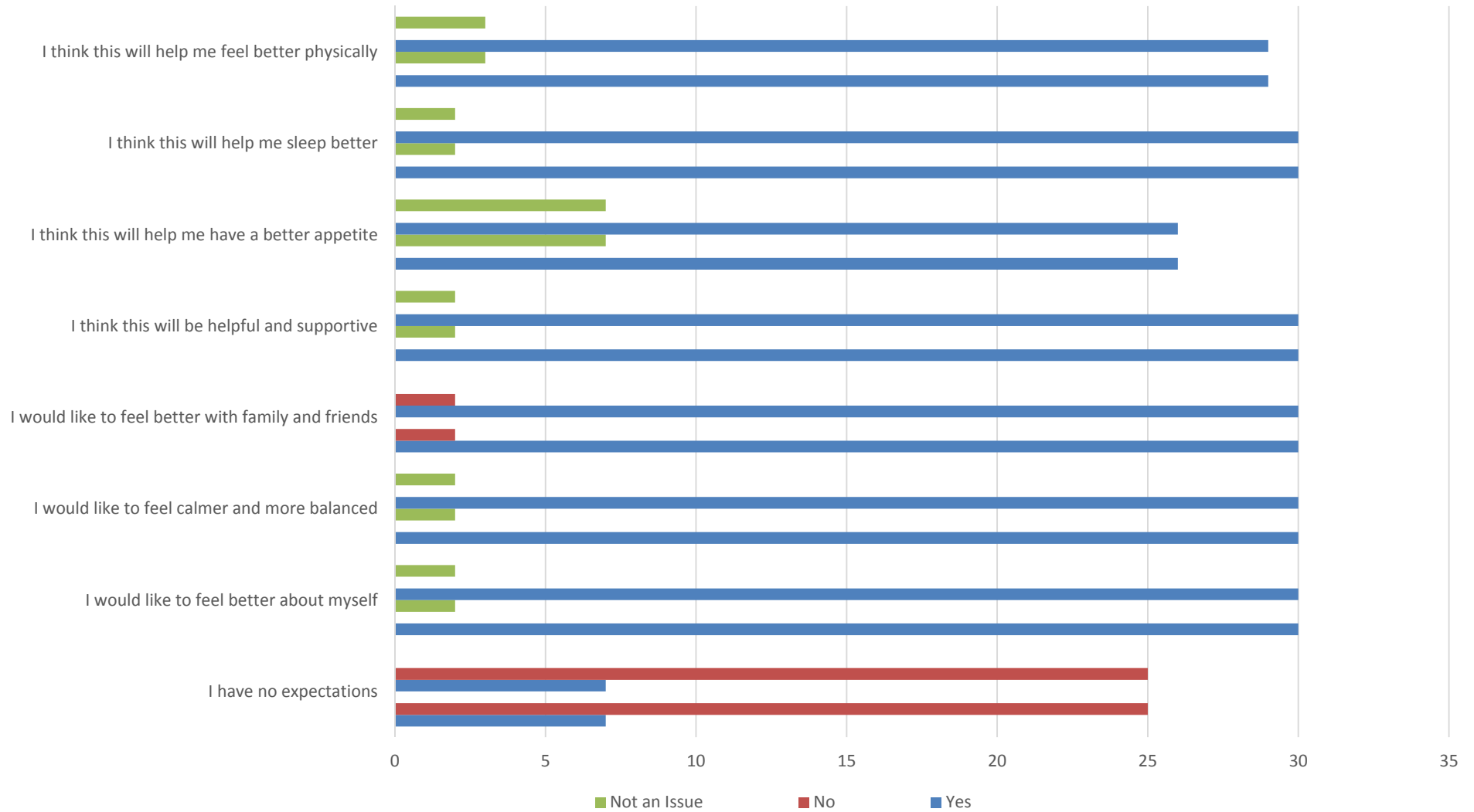
# The **Blessing Ceremony**



- ❖ Offering of the Elements: Incense, 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

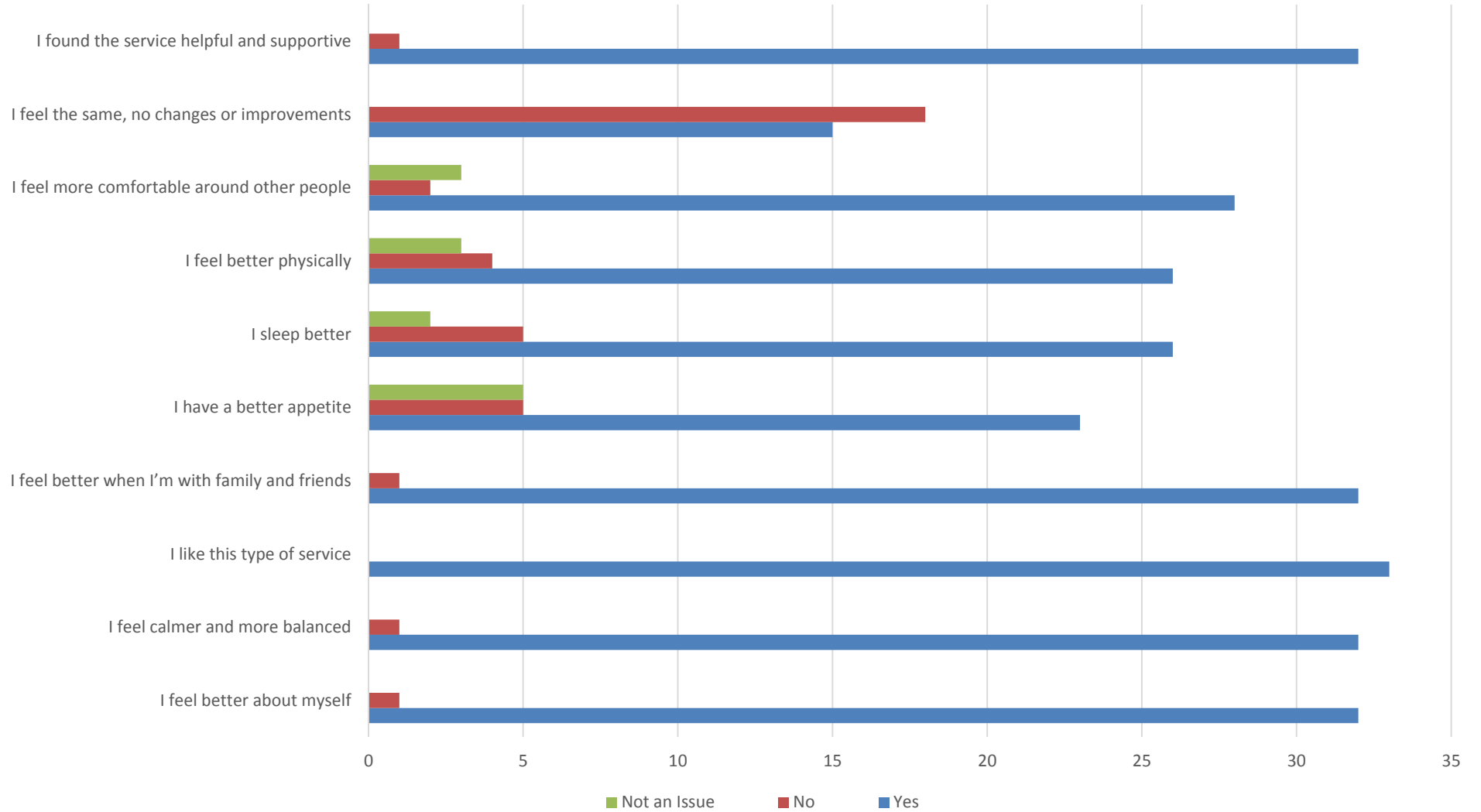
# Outcome Surveys

Pre Surveys Results



# Outcome Surveys

Post Surveys Results



# “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!**