

APPENDIX

Important Concepts

Addict self-schema activation

Individuals addicted to drugs habitually activate their well-elaborated and rehearsed addict self-schema which selectively focuses attention on stimuli consistent with drug-seeking, and provides rapid access to scripts and action plans that lead to drug use and associated drug and sexual behaviors that transmit HIV and other infections and that contribute to HIV progression and health deterioration

Anapanasati

Anapanasati is a Pali word for awareness of the in and out breath. It refers to a meditation technique in which the meditator concentrates on the physical sensations caused by the in and out breath at the point at which it is experienced entering and exiting the nostrils. This point (referred to in 3-S therapy and elsewhere as the ‘anchor,’ is usually somewhere in the area between the nostrils and the upper lip). When the mind wanders, the meditator simply notes that the mind has wandered, and gently, but firmly returns his/her attention to the ‘anchor.’ This practice is engaged in preferably for one hour daily, in a quiet place, free from distractions. The meditator, with eyes closed and back straight, sits on a cushion on the floor (cross-legged, if comfortable), or kneels using a meditation bench, or sits in a straight backed chair; the hands may rest comfortably in the lap.

Anchor

See *anapanasati* meditation. In 3-S therapy, clients are instructed to use their ‘anchor’ to keep them steady during emotional storms when they are at risk for being swept away by the strong currents of craving.

the five hindrances – the five “enemies”

Like a curtain (or obstacle) that prevents one from experiencing and expressing one’s true nature

1. Craving (desire)
2. Aversion (ill-will, hatred, animosity)
3. Sloth/torpor (laziness, sluggishness, drowsiness)
4. Agitation (restlessness, worry-flurry)
5. Doubt (confusion, ignorance)

the five spiritual faculties – the five “friends”

A subset of 8 masteries (*indriyas*) that according to Abhidhamma Studies ‘master their opposites’ – keeps them under control. It is said that “...owing to the operation of the 5 spiritual faculties that noticeable transformations of character, conduct, ideas, and ideals are made possible. Sometimes they even seem capable of bringing about a complete metamorphosis of the personality.” (p. 62, Abhidhamma Studies).

1. Faith -- brings doubt under control

2. Energy -- controls sluggishness (laziness, drowsiness, drowsiness)
3. Awareness -- synonymous with mindfulness which controls heedlessness (e.g., in reaction to craving and aversion) and maintains harmony among the 5 faculties so that no one predominates over the others.
4. Concentration -- controls agitation
5. Wisdom -- controls ignorance (as to one's true nature)

Habit patterns of the mind

The reacting mind (sankhara). In 3-S therapy, the addict self-schema is viewed as a habit patterns of the mind (or sankhara) that invariably leads to suffering.

Ignorance

Delusion; lack of awareness of one's true nature; attachment to ego identity; ignorance concerning impermanence, and conditioned arising, of all phenomena

Metta

Loving kindness (see separate section describing *metta* meditation)

Monkey mind

The wandering mind.

One-pointedness

The practice of focusing one's attention on a single "point" (e.g., the sensations around the nostrils caused by the breath) in order to sharpen concentration faculties and discipline the wandering mind.

Self-schema activation

In 3-S therapy, 'Self' is conceptualized as multifaceted and dynamic, and comprised of highly automatized, hierarchically organized, systems of knowledge or beliefs about one's intentions and capacities stored in long-term memory, that are linked to emotions and behaviors in an associate network. Activation of a self-schema thus activates specific self-beliefs that selectively focus attention on incoming information consistent with those beliefs, and provides rapid access to the behavioral repertoire associated with those beliefs through automatized event scripts and action plans.

Suffering (*dukkha*)

Dukka is a Pali word commonly interpreted as 'suffering' – it refers to bodily or mental pain and anguish -- death, old age, illness, grief, sorrow, misery -- that arise due to the impermanence of all conditioned phenomena. More generally, it refers to the unsatisfactory nature and general insecurity of all conditioned phenomena, which on account of their impermanence, are all liable to suffering.

Vipassana

Vipassana is a Pali word interpreted as 'insight' – it is usually used in association with a form of meditation in which the meditator focuses the attention on body sensations as they arise and pass away, thus experiencing their impermanence. In 3-S, clients are

provided with an introduction to this technique when they learn to systematically examine drug craving throughout their bodies, actually observing the bodily sensations associated with craving as they arise and pass away, thus experiencing the impermanent nature of craving.

The Four Noble Truths

1. Suffering exists (i.e., by virtue of being born with bodily form, with feelings, perceptions, cognitions, and states of consciousness -- the five aggregates of existence).
2. Suffering is caused by craving and desire that result from becoming attached to the five aggregates as if they were not transient, as if they had ego-identity, which they do not.
3. Suffering ends when craving and desire ends.
4. Craving and desire, and therefore suffering, end by following the Noble Eightfold Path.

The “Noble Eightfold Path” and three ‘trainings’

here interpreted to guide and organize the therapeutic goals of Spiritual Self-Schema (3-S) therapy for the treatment of addiction and other behaviors that place individuals at risk for HIV and other infectious diseases

Training in Wisdom (*panna*):

Right View/Understanding (*samma-ditthi*) [understanding that the addict self is not the true self, but rather a habit pattern of the mind (*sankhara*), and that craving and aversion that arise with addict self identity leads to suffering – i.e., harm to self and others]

Right Thinking/Intention (*samma-sankappa*) [having the intention to do no harm to self and others and to know, through experience, one’s true, spiritual, nature]

Training in Ethics/Morality (*sila*):

Right Speech (*samma-vaca*) (refraining from harmful “addict” talk – e.g., lying, manipulating, and engaging instead in wholesome speech associated with spiritual self-schema activation)

Right Behavior (*samma-kammanta*) (refraining from harmful “addict” behavior – e.g., high risk drug and sexual behavior, and engaging instead in wholesome behavior associated with spiritual self-schema activation)

Right Livelihood (*samma-ajiva*) (refraining from engaging in any drug-related livelihoods, e.g., dealing, pimping, prostitution, and making one’s living instead by engaging in wholesome livelihoods associated with self-schema activation)

Training in gaining mastery of the mind (*samadhi*):

Right Effort (*samma-vayama*): (demonstrating the effort needed to abandon the addict self-schema and instead take the path of the spiritual self)

Right Mindfulness (*samma-sati*): (becoming aware of self-schema activation; observing sensations as they arise and pass away without automatically reacting to them with craving or aversion)

Right Concentration (*samma-samadhi*) (developing single-pointed focus on doing no harm to self and others).

Metta meditation

(3-S Contributor: Zoë Cullen)

The following description of *Metta* meditation is excerpted from the 3-S website (www.3-S.us) in order to provide more complete information to clinicians who may be unfamiliar with this ancient Buddhist practice. It should be noted that a greatly abbreviated form of *Metta* meditation is included in 3-S therapy for addiction (see 3-S Individual Session #5). In this abbreviated version, clients are taught to view others, like themselves, as wanting to be happy and free of suffering. They are taught to recite the phrases 'May I be happy and free from suffering' 'May (name)... be happy and free from suffering, too.' Clients are instructed to recite these phrases at the end of their daily anapanasati meditation practice and, additionally, whenever they are in stressful social situations that could activate the addict self-schema. For a more thorough understanding of *Metta* meditation, see below.

The Pali word '*Metta*' is commonly translated in English as 'loving-kindness.' *Metta* signifies friendship and non-violence as well as "a strong wish for the happiness of others." Though it refers to many seemingly disparate ideas, *Metta* is in fact a very specific form of love -- a caring for another independent of all self-interest -- and thus is likened to one's love for one's child or parent. Understandably, this energy is often difficult to describe with words; however, in the practice of *Metta* meditation, one recites specific words and phrases in order to evoke this "boundless warm-hearted feeling." The strength of this feeling is not limited to or by family, religion, or social class. Indeed, *Metta* is a tool that permits one's generosity and kindness to be applied to all beings and, as a consequence, one finds true happiness in another person's happiness, no matter who the individual is.

The Practice

The hard work and repetition required of an individual engaged in *Metta* practice endows the four universal wishes (to live happily and to be free from hostility, affliction, and distress), with a very personal inner love, and by so doing, it has the power for personal transformation. Although serious practitioners of *Metta* meditation offer *Metta* for an hour or more morning and evening, you may wish to begin by offering *Metta* for just 10-15 minutes each day. You may do your practice as a formal sitting meditation or while walking (preferably without destination). You may also choose to integrate your *Metta* practice with daily chores.

To begin, take a few moments to quiet your mind and focus your attention on the experience of loving kindness. You will begin by offering *Metta* to yourself. If distracting thoughts arise, acknowledge them, make a mental note to return to them after your *Metta* practice, but quickly move them aside to maintain concentration.

Recite the following phrases to yourself at a pace that keeps you focused and alert.

1. May I be safe and protected.
2. May I be peaceful and happy.
3. May I be healthy and strong.
4. May I have ease of well being (and accept all the conditions of the world)

Continue reciting the phrases in the first person.

Then when you are comfortable, try offering *Metta* to a benefactor, someone who supports you, who has always "been on your side." Forming visualizations of this person while reciting the phrases can be helpful; for example, imagining this benefactor as a child or grandparent, can assist in 'opening the heart.'

1. May s/he be safe and protected.
2. May s/he be peaceful and happy.
3. May s/he be healthy and strong.
4. May s/he have ease of well being (and accept all the conditions of the world)

Next offer *Metta* to a loved one.

1. May s/he be safe and protected.
2. May s/he be peaceful and happy.
3. May s/he be healthy and strong.
4. May s/he have ease of well being (and accept all the conditions of the world)

Once your *Metta* flows easily to a loved one, begin to include in your practice one or more of the following categories of persons to whom you will offer *Metta*:

- A close friend.
- A neutral person (someone you neither like nor dislike)
- A difficult person (no need to start with the most difficult person, but someone whom you have a distaste for)
- All beings, individuals, personalities, creatures (choose whichever word to describe all 'beings' that you please; it may be helpful to break up this category into subcategories; i.e., all men, and then all women, all enlightened ones, and then, all unenlightened ones, all beings who are happy, and then all beings who are both happy and suffering, and all beings who are primarily suffering.

1. May s/he/it be safe and protected.
2. May s/he/it be peaceful and happy.
3. May s/he/it be healthy and strong.
4. May s/he/it have ease of well being (and accept all the conditions of the world)

Although one traditionally starts by offering *Metta* for 'oneself' and ends by offering *Metta* to 'all beings,' please do not expect to be able immediately to offer these phrases to all beings from the onset of your practice. We all struggle to offer this unconditional love to many people in our lives, and it is truly difficult to include everyone, though this aspiration is reasonable if we are committed to *Metta* practice. Between these two 'categories' -- oneself and all beings -- one should choose freely from any category or any number of categories. Categorical divisions serve only as tools to keep *Metta* from overwhelming someone new to the practice. They should not create restrictions within the practice once one gains familiarity with it.

In truth, any one individual may fit into a number of different categories. This ambiguity should be expected and embraced. Awareness of our feelings toward another is always the first step in converting this energy into loving-kindness. Noticing a feeling of aversion, or indecisiveness, when evoking the image of a particular person in your practice does not mean you are failing to offer *Metta*. Rather, you are leaping forward in your practice. According to Buddhist teachings, the worst plague a human being can suffer is one that s/he cannot identify, or does not even know exists. Similarly, aversions (and cravings) that lie below the level of conscious awareness fuel habit patterns of the mind that inevitably lead to suffering. So, as you peel away the layers of self, allow any negative emotions to arise, so that you can actively replace them with *Metta*, a loving-kindness.

May you be safe and protected.

May you be peaceful and happy.

May you be healthy and strong.

May you have ease of well being. (and accept all the conditions of the world)

Resources for readers interested in learning more about *Metta*:

Metta. The Philosophy and Practice of Universal Love by Acharya Buddhārakkhita (1989). The Wheel Publication No. 365/366. Sri Lanka, Buddhist Publication Society (Available on-line at <http://www.accesstoinight.org/lib/tps/wheels/wheel365.html>)

Biblical references consistent with 3-S therapy

Scripture consistent with 3-S goal of strengthening your spiritual self and becoming aware of your true spiritual nature

Your beauty should not come from outward adornment...instead, it should be that of your inner self.. (1 Peter 3:3-4 NIV)

God accurately reproduces His character in you (Ephesians 4:24 TM)

Paul writes ... 'take on an entirely new way of life – a God-fashioned life, a life renewed from the inside and working itself into your conduct as God accurately reproduces is character in you (Ephesians 4:2-24 TM)

'...be transformed by the renewing of your mind ...' Romans 12:2 (NIV)

For it is God who works in you to will and to act according to his good purpose (Philippians 2:13 NIV)

'...We become more and more like him...' 2 Corinthians 3:18 (NLT)

Lord, what wilt Thou have me do? (Acts 9:6)

Look at me, then do likewise (Judges 7:17 AMP)

'Put on the new self, created to be like God in true righteousness and holiness.. (Ephesians 4:24 NIV)

Paul wrote... 'I die daily' (1 Corinthians 15:31) but the result of dying to self is 'abundant living.'

...Do not lie to one another, seeing that you have striped off the old self with its practices and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator. (Colossians 4:3 NRSV)

...let God remake you so that your whole attitude ... is changed.. (Romans 12:2 Phillips)

...surrender your whole being to him to be used for righteous purposes (Romans 6:13 TEV)

You have begun... becoming like the one who made you.. (Colossians 3:10 NCV)

Paul says 'Put on the Lord Jesus Christ, and make no provision for the flesh .. (Romans 13:14 NAS)

'our lives gradually becoming brighter and more beautiful as God enters ... and we become like Him (2 Corinthians 3:18 TM)

Abide in me, and I in you. (John 15:4 NKJ)

I am in them (John 17:23)

You must be born again (see John 3:7)

... in the pains of childbirth until Christ is formed in you. (Galatians 4:19 NIV)

He must become greater and greater and I must become less and less (John 3:30 TLB)

It's in Christ that we find out who we are and what we are living for... (Ephesians 1:9 TM)

I have set you an example that you should do as I have done for you (John 13:15 NIV)

When you get serious about finding me and want it more than anything else, I'll make sure you won't be disappointed. (Jeremiah 29:13 TM)

God has made us what we are ... (Ephesians 2:10 NCV)

I cried unto the Lord, and he answered by setting me free (Psalm 118:5 NIV)

...be strengthened...by his spirit in the inner man (Ephesians 3:16)

I am with you always (Matthew 28:20 NIV)

Lord, you have been our home since the beginning (Psalm 90:1 NCV)

David said 'I'm asking God [Yahweh] for ..only one thing: To live with Him in His house my whole life long.. (Psalm 27:4 TM).

Since this is the kind of life we have chosen... let us... work out its implications in every detail of our lives (Galatians 5:24-25 TM)

...let's just go ahead and be what we were made to be.. (Romans 12:6 TM)

I have summoned you by name; you are mine (Isaiah 43:1 NIV)

..you should follow in his steps (1 Peter 2:21 NIV)

The joy of the Lord is your strength (Nehemiah 8:10)

Scripture consistent with 3-S goal of stopping the habitual activation of the addict self schema

‘... everything ... connected with that old way of life has to go. It’s rotten through and through. Get rid of it!’ (Ephesians 4:22 TM).

... Satan will not outsmart us. For we are very familiar with his evil schemes (2 Corinthians 2:11 NLT)

Do not give the devil a foothold (Ephesians 4:27 NIV)

... We ... have the divine power to demolish strongholds (i.e., habits) (2 Corinthians 10:4 NIV)

Paul says ‘..let us strip off every weight that hinders our progress ..’ Hebrews 12:1 NLT)

..watch out! Don’t let evil thoughts or doubts make any of you turn away from the living God (Hebrews 3:12 CEV)

Paul says ‘Let us run the race that is before us and never give up. We should remove from our lives anything that would get in the way and the sin that so easily holds us back (Hebrews 12:1 NCV)

Each one is tempted when he is drawn away by his own desires and enticed (James 1:14 NKJ)

...God...will show you a way out so that you will not give in... (1 Corinthians 10:13 NLT)

Happy is the man who doesn’t give in and do wrong when he is tempted, for afterwards he will get ..his reward.. (James 1:12 TLB)

If you are untrustworthy about worldly wealth, who will trust you with the true riches of heaven? Luke 16:11 (NLT)

Though I have fallen, I will rise (Micah 7:8 NIV)

They may trip seven times, but each time they will rise again (Proverbs 24:16 NLT)

Anyone who looks ... lustfully has already committed adultery... in his heart (Matthew 5:28 NIV)

Don’t let the world ... squeeze you into its own mould ... (Romans 12:2 Phillips)

James warns ‘But people are tempted when they are drawn away and trapped by our own evil desires.. do not be deceived.. (James 1:14-16 TEV)

Scripture consistent with Buddhist/3-S Training in Wisdom: Right Thinking and Right View

Be careful how you think; your life is shaped by your thoughts. (Proverbs 4:23 TEV)

.. take captive every thought to make it obedient to Christ (2 Corinthians 10:5 NIV)

‘Let the Spirit change your way of thinking (Ephesians 4:23 CEV)

...Let God transform you...by changing the way you think, then you will know what God wants you to do... (Romans 12:2 NLT)

How precious.. to realize that you are thinking about me constantly (Psalm 139:17 TLB)

Thou wilt keep him in perfect peace whose mind is stayed on Thee.. (Isaiah 26:3)

Pray without ceasing. (1 Thessalonians 5:17)

Seven times a day do I praise Thee ... (Psalm 119:164)

David said ‘Oh how I love your law. I think about it all day long.’ (Psalms 119:97 NLT)

David said ‘I have set the Lord always before me (Psalms 16:8)

..Above all...guard your heart... (Proverbs 4:23 NIV)

Call upon me in time of affliction; and I will deliver thee, and thou shalt glorify me. (Psalms 1:15)

Let the word of Christ dwell in you richly (Corinthians 3:16 NIV)

Whatsoever things are .. of good report.. think on these things (Philippians 4:8)
(also interpreted as ‘...whatever is ..noble..right..pure..lovely..admirable..think about such things (Philippians 4:8 NIV)

Take your everyday, ordinary life – your sleeping, eating, going-to-work, and walking around life – and place it before God as an offering (Romans 12:1 TM)

Paul said ‘I have learned, in whatsoever state I am, therewith to be content’ (Philippians 4:11).

Every place whereon the soles of your feet shall tread shall be yours.. (Deuteronomy 11:24)

...whatever you ask for in prayer, believe that you have received it, and it will be yours (Mark 11:24 NIV)

The mind of the flesh ... is death... but the mind of the [holy] spirit is life... (Romans 8:6 AMP)

You will have treasure in heaven... (Matthew 19:21 NIV)

A man's wisdom gives him patience.. (Proverbs 19:11 NIV)

...Live your time as temporary residents on earth... (1 Peter 1:17 GWT)

..Those in frequent contact with the things of the world should make good use of them without becoming attached to them, for this world and all it contains will pass away (1 Corinthians 7:31 NLT).

Do not dwell on the past Isaiah (43:18 NIV)

Wanting more is useless – like chasing the wind (Ecclesiastes 6:9 NCV)

Teach us how short our lives ...are... that we may be wise (Psalm 90:12 NCV)

Paul writes ‘..I have learned.. to live when I am poor, and I know how to live when I have plenty. I have learned the secret of being happy at any time in everything that happens.. (Philippians 4:11-12 NCV)

Everything on earth has its own time and its own season (Ecclesiastes 3:1 CEV)

Jesus said ‘So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today (Matthew 6:34 NRSV)

Jesus said ‘Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. (Matthew 7:7 NRSV)

Jesus said ‘Enter through the narrow gate; for the gate is wide and the road is easy that leads to destruction, and there are many who take it. For the gate is narrow and the road is hard that leads to life, and there are few who find it. (Matthew 7:13-14)

Seek first His kingdom...and all these things will be given to you... (Matthew 6:33 NIV)

...your ears will hear a voice... saying ‘this is the way; walk in it. (Isaiah 30:21 NIV)

..O God.. Guide me on the road to eternal life (Psalm 139:23-24 TM)

I will instruct you and teach you in the way you should go; I will counsel you and watch over you (Psalm 32:8 NIV)

... along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them (Isaiah 42:16 NIV).

Scripture consistent with Buddhist/3-S Training in Mastery of the Mind: Right Mindfulness, Right Concentration, and Right Effort

Stay alert; be in prayer so you don't wander into temptation without even knowing you're in danger.. (Matthew 26:41 TM)

Like a refiner of silver he will sit and closely watch as the dross is burned away.. refining them.. so that they will do their work for God with pure hearts (Malachi 3:3 TLB)

God's people... protect themselves by watching where they go (Proverbs 16:17 CEV)

Wherefore let him that thinketh he standeth take heed lest he fall (1 Corinthians 10:12)

Be still, and know that I am God (Ps 46:10. NKJV)

Keep me from paying attention to what is worthless.. (Psalm 119:37 TEV)

Know where you are headed, and you will stay on solid ground (Proverbs 4:26 CEV)

And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God cometh not with observation: {with...: or, with outward shew} Neither shall they say, Lo here! or, lo there! for, behold, *the kingdom of God is within you.* (Luke 17:20-21 KJV)

Thou wilt keep him in perfect peace, whose mind is stayed on thee (Isaiah 26:3)

A calm and undisturbed mind and heart are the life and health of the body ... (Proverbs 14:30 Amp).

Jesus said in the storm '.. stop allowing yourselves to be ... disturbed.. (John 14:27 AMP)

Jesus said 'Blessed are the pure in heart, for they will see God. Matthew 5:8 NRSV

So let us come boldly to the throne of our gracious God. (Hebrews 4:16 NLT)

Let the peace of God rule in your hearts .. (Colossians 3:15)

Jesus said .. My peace I give unto you: not as the world giveth (John 14:27)

Rejoice...your reward is great in heaven... (Luke 6:23)

The peace of God, which transcends all understanding (Phillippians 4:7 NIV)

Let your eyes look straight ahead (Proverbs 4:25 NIV)

Meditate constantly on God's laws and you will succeed in whatever you do (see Joshua 1:8)

Blessed is the man who perseveres... he will receive .. (James 1:12 NIV)

...be persistent, whether the time is favorable or not... (2 Timothy 4:2 NLT)

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it (Hebrews 12:11 NIV)

Practice these things, devote your life to them so that everyone can see your progress (1 Timothy 4:15)

Scripture consistent with Buddhist/3-S Training in Morality -- Right Speech, Right Action, and Right Livelihood

Words kill, words give life; either they are poison or fruit – you choose (Proverbs 18:21 TM)

My inmost being will rejoice when your lips speak what is right (Proverbs 23:16 NIV)

It is a man's honor to avoid strife, but every fool is quick to quarrel (Proverbs 20:3 NIV)

A fool uttereth ... his mind, but a wise man keepeth it in (Proverbs 29:11)

I will not tolerate anyone who.. slanders ... (Psalms 101:5 TLB)

He who guards his lips, guards his [soul] (Proverbs 13:3 NIV)

Paul writes, 'use... only helpful words.. so that what you say will do good to those who hear you' (Ephesians 4:29 TEV)

Be not rash with thy mouth, and let not thine heart be hasty to utter any thing before God: for God is in heaven, and thou upon earth: therefore let thy words be few. {thing: or, word} (Ecclesiastes 5:2 KJV)

A man has joy in an apt answer, and how delightful is a timely word (Proverbs 15:23 NAS)

... be swift to hear, slow to speak, slow to wrath (James 1:19)

...help others with encouraging words; don't drag them down by finding fault (Romans 14:19 TM)

Solomon said ...Fire goes out for lack of fuel, and tensions disappear when gossip stops (Proverbs 26:20 TLB)

If you keep my commandments, you will abide in my love ... (John 15:10 NAS)

Paul warns 'When you are angry, do not sin... Do not give the devil a way to defeat you (Ephesians 4:26-27 NCV)

Faith that doesn't show itself by good works is no faith at all (James 2:17 TLB)

Honor God with your body (1 Corinthians 6:20 NIV)

...those who help others are helped (Proverbs 11:25 TM)

He shall reward every man according to his works (Matthew 16:27)

O Lord, who may abide in your tent? Who may dwell on your holy hill? Those who walk blamelessly, and do what is right, and speak the truth from their heart; Who do not slander with their tongue; and do no evil to their friends, nor take up a reproach against their neighbors; In whose eyes the wicked are despised, but who honor those who fear the Lord; who stand by their oath even to their hurt; Who do not lend money at interest and do not take a bribe against the innocent. Those who do these things shall never be moved. (Psalms 15:1-5)

Scripture consistent with Buddhist/3-S teachings on loving kindness and compassion

You are only hurting yourself with your anger. (Job 18:4 TEV)

Be kind and compassionate to one another, forgiving each other ... (Ephesians 4:32 NIV)

'... if you have anything against any one, forgive him and let it drop (Mark 11:25 AMP)

'Invoke blessings upon and pray for the happiness of those who curse you; implore God's blessing [favor] upon those who abuse you ... (Luke 6:28 AMP).

'If ye do not forgive, neither will your Father... forgive your trespasses (Mark 11:26)

...Forgive anyone who does you wrong... (Colossians 3:13 CEV)

Paul says 'Be kind to one another, tender-hearted.. (Ephesians 4:32 NAS)

Jesus said 'But I say to you, Love your enemies and pray for those who persecute you so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous (Matthew 5:44: NRSV)

Jesus said 'For if you forgive others their trespasses, your heavenly Father will also forgive you (Matthew 6:14 NRSV)

'If you refuse to forgive others, your Father will not forgive [you] (Matthew 6:15 NLT)

See to it that... no bitter root grows up to cause trouble ... (Hebrews 12:15 NIV)

Love suffers long and is kind.. is not provoked.. endures all things (1 Corinthians 13:4-7 NKJ)

A gentle response defuses anger, but a sharp tongue kindles a temper-fire (Proverbs 15:1 TM)

Jesus said 'however you want people to treat you, so treat them .. (Matthew 7:12 NAS)

...you are all one in Christ Jesus (Galatians 3:28 NIV)

Jesus said 'Whenever you stand praying, if you have anything against any one, forgive.. (Mark 11:25 AMP)

Scripture consistent with Buddhist/3-S teachings on refuge from fear and suffering

...death, where is thy sting? O grave, where is thy victory? (Corinthians 15:55)

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? (Psalms 27: 1)

When I am afraid, I put my trust in you (Psalms 56:3 NLT)

..I am with you; that is all you need... (2 Corinthians 12:9 TLB)

The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures; he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou annointest my

head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever. (Psalm 23:1-6)

I can do all things through Christ which strengtheneth me. (Philippians 4:13)

I can lie down and sleep soundly because you, Lord, will keep me safe (Psalm 4:8 CEV)

Cast your cares on the Lord and He will sustain you; He will never let the righteous fall (Psalm 55:22 NIV)

I am with you and will watch over you wherever you go .. (Genesis 28:15 NIV)

A merry heart doeth good like a medicine ... (Proverbs 17:22)

INDEX OF ABBREVIATIONS

All scripture references are from the King James Version, unless otherwise noted.

AMP = Amplified Bible

NIV = New International Version

CEV = Contemporary English Version

NLT = New Living Translation

NAS = New American Standard

NKJ = New King James Version

NCV = New Century Version

TM = The Message

TLB = The Living Bible

NRS = New Revised Standard Version

PHPS = Phillips N.T. in Modern English

GWT = God's Word Translation

TEV = Today's English Version

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