

SOUTHERN INDIANA  
**Business**

SEPTEMBER / OCTOBER 2018

**THE  
GREAT  
OUTDOORS**

CAMPING, HIKING,  
CLIMBING, OH MY!

**FITNESS**

**JUMP AROUND**

Learn how to clear hurdles  
with DigiJump

**5 QUESTIONS**

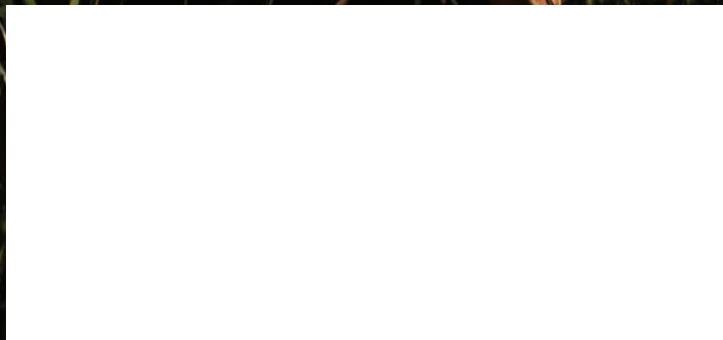
**ZEN IS IN**

Tips on living a rewarding life

**FASHION**

**THE NATURAL WAY**

DADA Boutique in New Albany  
challenges cultural norms



# SOUTHERN INDIANA **Business**

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## FEATURES



Photo by Tyler Stewart

# The Great Outdoors

Adventure awaits you in Southern Indiana

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By Jason Thomas | Photos by Tyler Stewart

5  
QUESTIONS

# The Path To Inner Peace

Learn how to live a meaningful, rewarding life with Buddhist monk and scholar **Thich Hang Dat**

**E**ver want to unplug from technology, ignore social media and retreat to a more peaceful life?

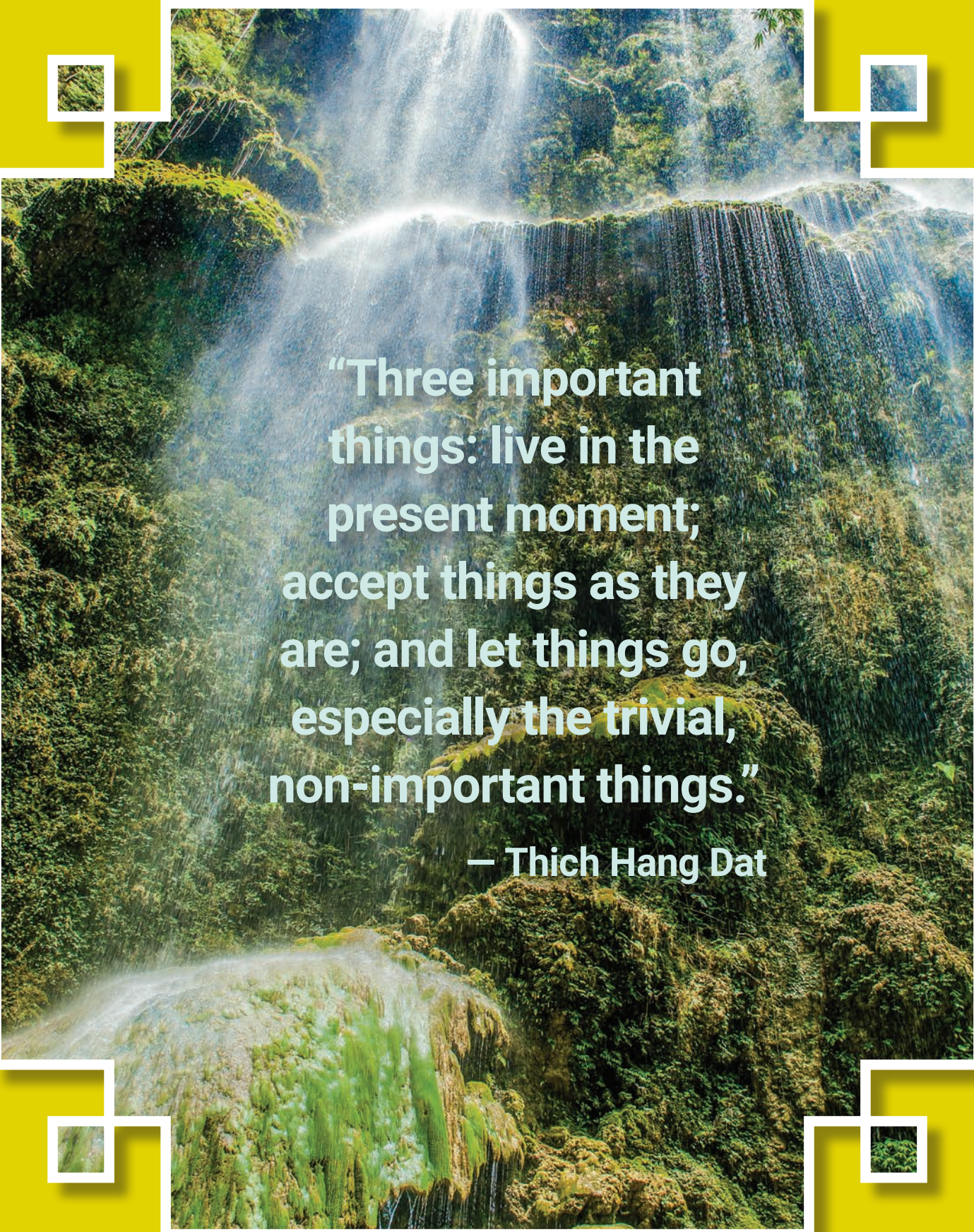
Buddhist monk and scholar Thich Hang Dat gives you the roadmap.

**1 We are such a plugged-in society, addicted to social media, the internet and our smart phones. How do we take a break from technology to find solace in a hectic world?**

In my view I think we need to recognize the most important things in our life so that we can do things that are more important. Which ever the priority is we focus on that. We need to do one thing at a time. In our society we have the tendency to do many things at the same time, multitasking. That's where stress comes from. Two important things we need to do: Focus on one matter or issue; if we have time we can take care of the other ones. The second thing is to do one thing at a time so we can enjoy our lives. Focus on the important things and do one thing at a time. According to research it's more efficient if we do one thing at a time. If we do many things we could not finish them all. Of course we couldn't designate our energy to focus on those things at one time.

CONTINUED ON PAGE 12





**“Three important things: live in the present moment; accept things as they are; and let things go, especially the trivial, non-important things.”**

**— Thich Hang Dat**

**2 What is the most important step a person can take when stress takes over?**

The reason why we stress out so much especially in this modern age because somehow we tend to focus too much on the past. We think too much about the past and are concerned about the future. We don't live in the present moment. For example when we think about our spouse, the way they act, or whatever that raises concern, that stresses us out. Or we think about things we haven't accomplished in the past, we wish that we had more time to finish that project and so forth. But the past is the past, we cannot get it back. Yes of course we can make plans, we can schedule our time. We make a schedule to see a doctor and so forth. This is under our control. In the next couple of minutes we don't know what will happen, in the next couple of hours, the next couple of days, so that's why we stress out. Some people over-think and they have the kind of fear when they step out the door they may be concerned about being hit by a car. Nothing is perfect. Someone over-thinks about the future, but the future has not come yet. That's why they're stressed out. In Buddhist's view it's better to go with the flow. To control things within our reach. When you have too much over-thinking that's where stress comes from. That's why it's better to focus on the present moment. The present moment is so precious. We cannot get it back. So many people don't pay attention to the present. Regret still has them in the past. Another method is to accept things the way they are. When we accept things as the way they are it's just less burden for ourselves. We need to let go of material things. We need to focus on important matters, important issues. It is important to let go. In Buddhist thinking when we do meditation and focus our mind, our breath we let go of the past that may pull us away from the present moment. That is a way we can de-stress ourselves. Three important things: live in the present moment; accept things as they are; and let things go, especially the trivial, non-important things.

**3 How can we remind ourselves to look at the big picture and not "sweat the small stuff?"**

I fly a lot. When I'm on an airplane I look down, there are many buildings, trees and so forth, so small, so little. Especially when the plane is taking off — such is our life. If we see things in the broad picture, the whole picture, it is much easier for us to move forward and deal with things. For example if we take things personally (say, if someone puts a chair in your office that you don't want) if we attach to that kind of trivial thing we create a conflict within ourselves. About that chair, if we say, "that's OK, we can let go," it's applicable in any aspect of life, even in relationships. For example when dealing with our spouse or whoever and they make a mistake, if we can let go of that little mistake it's easy for us to live together, to work together to enjoy the relationship. Otherwise we'd be so picky there's no way for us to maintain that kind of relationship, if we're so picky to criticize them about little things. Eventually it will become a bigger one. One drop of water adds up to the whole cup. If we take the whole picture of the relationship we can let go of the mistake and we focus on the relationship and a healthy relationship instead of a negative one, of the little things. That is a way we can handle things, we can handle the difficulties in life, at work and at home.

**4 What is the most important Buddhist teaching to help someone practice mindfulness in a society that covets selfishness, narcissism and greed?**

In Buddhism we focus on principles, the most important principle is generosity. Sometimes people think "I need to take things for myself, because I want to enjoy in my life." In Buddhist view that's the way you cut up your blessings. If you want goodness you need to give out. Even when we deal with selfish people, with rude people, that's their business, not ours. The more we give the more we enjoy our life. When we bring the joy we



create harmony within ourselves and others. That's why in order to counteract the greedy mind, the selfish mind, we need to give out, we need to have that generosity. That is a universal principal that everyone recognizes so we can transform that selfish person. We understand the value of

helping out, of giving out, by stepping out to help other people. That comes back to us too. Who knows, when it's our turn, someone may step out and help us. That's why generosity is so important no matter where we live.

**5 How do we reach our full potential and practice mindfulness when we face distractions from negativity, technology and material possessions?**

In Buddhist's view everything starts with the mind. If we have an optimist's mind it's better for us to move on, whichever obstacle we encounter, it's easy for us to move on. If we have a negative view in our mind we block ourself. That's why to have a positive mind, to have an optimist's mind, it's just common sense that it's easy for us to move forward. Everything depends upon our state of mind. If we have an optimist's state of mind we can overcome any kind of difficulty. When we fall we need to stand up and move on. With technology it depends on how we view things. There's nothing wrong with technology. It's how we use them in a wise way, in a beneficial way. And there's nothing wrong with money. Everything depends on how we use them, and if we use them wisely. Even a piece of paper can be hurtful, a piece of paper can harm us, it just depends on how we use them mentally. Of course we can use wealth and technology and so forth to enhance our happiness, but they are not the end goal. In Buddhist's view our state of mind may decide our life. If you have a peaceful mind you're more happy. Technology comes and goes, material things come and go — so if you have recognition, to pay attention to your state of mind, that's the way we can de-stress ourselves and enjoy our lives.

— Dr. Thich Hang Dat (Trung Huynh) obtained a bachelor's degree in Electrical Engineering at Penn State University, and a master's degree and a Ph.D. degree in Religious Studies at University of the West, California. Currently, he is teaching Buddhism, Buddhist Meditation and Mindfulness Practice, Comparative Studies of Buddhism and Christianity, and Asian Religions at Indiana University Southeast, Indiana University South Bend, Indiana University Kokomo, and the University of Houston. Visit his personal website at [www.thichhangdat.com](http://www.thichhangdat.com).



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