The University Chaplaincy is a dynamic hub supporting religious, spiritual, ethical, and cultural life for all members of the Tufts University community.

- **Navratri Celebration**: A nine-night (nav-rat) celebration of nine auspicious forms of Shakti/Devi (feminine divine power/the Goddess).
  - **Tradition**: Hinduism
  - Thu., Oct. 7 – Fri., Oct. 15, 2021

- **Simchat Torah**: The Eighth Day (Shemini 'Atzeret) is considered both the end of Sukkot and a distinct festival.
  - **Tradition**: Judaism
  - Tue., Sep. 28, 2021

- **Harvard Divinity School**: To see more upcoming religious holidays and festivals, please follow the link to the Harvard Divinity School website.

**A Note from our Buddhist Chaplain**

Buddhist Chaplain Ji Hyang Padma, Ph.D.

Mindfulness then helps them to be more relaxed and focused in the midst of their activity. I have suggested to them the practice of breathing deeply in the midst of their work.

**Taking Three Deep Breaths**

Take three deep breaths, perhaps breathing in for a count of four, breathing out for a count of eight. Watching the energy they present.

**Practice Grounding Yourself in Your Body**

Whether there is warmth or coolness within the breath, pulse, pressure, tingling—noticing any sensation. And noticing whatever emotion arises as well—letting that be as it is. Dropping the storyline and staying with the direct experience. See if you can notice where the in-breath ends and the out-breath begins. Notice if the breath is flowing with more intention.

**Acknowledge the Emotions that Arises**

By acknowledging our emotions, we then have the capacity to work creatively with the powerful raw dynamic of powerful emotions right now. Anxiety, powerlessness, grief, fear. There is no way to escape experiencing these emotions. What if, rather than watching television, or scrolling through social media, we were to enter into silence and spaciousness, listening deeply, we will then be able to respond to the innermost request of the vividness of being fully alive. And because we are making real contact with our inner life, and seeing everything in the context of the whole, there is a greater capacity to practice the idea for how the Tufts University Chaplaincy can better serve you, please connect with program manager Nora Bond or Ji Hyang Padma, Ph.D. for a conversation with you any time.