

Lecturer: Rev. Carmela Javellana-Hirano

Name of the topic:

Path of Resilience, Path of Nembutsu

Brief Description of the class:

In times of chaos, resilience is perhaps the one thing we can aspire for, if not faith/trust, so we can get through these enormous difficulties. We human beings as helpless and ignorant as we are, need to be able to turn to something greater than ourselves that provides refuge, safety, and unconditional kindness: Amida Buddha. Being firmly grounded in Namo Amida Butsu can settle our agitated minds, heal our broken hearts, and unequivocally carry us through countless traumatic events.

Biography:

Carmela Javellana-Hirano MD

Integrative Psychiatrist in clinical practice for 37 years, Carmela maintains a full-time private practice in Salt Lake City, Utah. After she met her husband, Rev. Jerry Hirano, Minister of Salt Lake, Ogden, Honeyville and Idaho-Oregon Buddhist temples and current Director of the Center for Buddhist Education-BCA, she has been one of his Minister's Assistants and received Tokudo in Kyoto, Japan in 2014, and Kyoshi certification from IBS in 2018. Although born and raised Catholic in the Philippines, her hunger for spiritual, psychological and biologic healing approaches for mental illness led her to Buddhism, first in Zen, then Jodo Shinshu. Now the Nembutsu teachings have become the backbone and guiding light not just in her medical practice, but also in her personal life.