



BUDDHIST CHURCHES OF AMERICA
National Buddhist Committee on Scouting
Girl Scouts * Boy Scouts * Camp Fire

Buddhist Scout Padma Award

The Meaning of Padma

Padma, a lotus flower, is a central symbol of Buddha-truth, used by all schools of Buddhism since its birth.

The nature of Buddha-truth is symbolized by the emergence of a pure and beautiful lotus flower from the depth of a muddy swamp. Although deep-rooted in mud, the lotus flower rises above the water to receive light and air.

It is hoped that the applicants of the Padma Award rise above the muddy waters of worldly passions to blossom into the purity signified by the lotus flower.

Another meaning of a lotus flower is that it is a symbol of equality of all beings. The heart of the lotus flower is made up of many equal-sized compartments and in each and every compartment, a seed is found.

The Padma Award program offers an equal opportunity to all Girl Scout participants for understanding the Buddhist Way.

The Award and What It Means

The Padma Award is a four-part program for Girl Scouts (Brownies, Juniors, Cadettes, and Seniors).

- The Brownie will receive a certificate and the Padma pendant in chocolate on completion.
- The Junior will receive a certificate and the Padma pendant in bronze on completion.
- The Cadette will receive a certificate and the Padma pendant in Silver on completion.
- The Senior will receive a certificate on completion.

The Padma Award is a medal consisting of a pendant, ribbon, and a bar. The pendant is the Lotus Blossom (Padma means Red Lotus). It is a symbol which represents equality and purity of all things. The ribbon is a wisteria color and is attached to a crossbar in which is inscribed a Sanskrit word "Padma".

The Padma Award may be worn on the official Girl Scout uniform, either on the badge sash below the membership stars or on the right side of the uniform, level with the membership pin.

The Award is presented by the temple to the Buddhist Girl Scout in recognition of her spiritual growth as shown by her fulfilling the Award requirements.

The Purpose

The purpose of the Padma Award is to give the Buddhist Girl Scouts a practical guidance in achieving the spiritual aspiration made in the Girl Scout Promise and Laws, thereby developing a girl whose views and actions in life would stem from the highest of the Buddhist thoughts.

The Padma Award program aims to do this by leading the girl to: 1) attain understanding and faith in the Buddha, 2) learn the Teachings, and 3) practice the harmonious Buddhist way to life, in the spirit of universal brotherhood of all living things. These are the dynamic aspects of the girl who are of the complete acceptance of the Three Treasures - Buddha, Dharma, and Sangha.

The Award program recognizes the Girl Scout Laws and gives the Girl Scout a solid basis for fuller understanding and greater appreciation of all phases of the Girl Scouting programs.

Who is Eligible?

Any Buddhist Girl Scout who is a member of any Troop may qualify whether or not her troop is sponsored by a Buddhist Temple.

- **Brownie**
Any girl who is a registered member of a Brownie troop having completed one year in Brownies.
- **Junior**
Any Buddhist girl who is a registered member of a Junior troop.
- **Cadette**
Any Buddhist girl who is a registered member of a Cadette troop and having completed one year of Cadettes. The exception will be allowed. Any Girl Scout in eighth through twelfth grades may apply for this level.
- **Senior**
Any Senior girl who is a registered member of a Senior troop having completed the Cadette level of the Padma Award Program.

How to Earn the Padma Award

1. Study must be under close guidance of a qualified Buddhist minister, "Qualified" Lay leader, or a counselor appointed by the Buddhist minister is required for assistance with the program. The instruction should be conducted over for a period time, normally meeting once a week or month for an hour. The Padma Award program is requires approximately for:
 - Brownie Girl Scout Padma 6 hours over a period of 60 days of study
 - Junior Girl Scout Padma 16 hours over the course of 3 months of study
 - Cadette Girl Scout Padma 72 hours over the course of two years of study
 - Senior Girl Scout Padma open.

2. An Application to Teach form must be submitted to the Chair of the National Buddhist Committee on Scouting and must be approved by the National Buddhist Committee on Scouting prior to the start of the Program.
3. Upon approval of the Instructor, request a Padma Award application form from the National Buddhist Committee on Scouting Chair.
4. Submit the Scout's Padma Award application together with the appropriate registration fee. On approval of your application, you will receive a Service Record Book. A suggested list of study materials is available upon request.
5. After fulfilling all the requirements for the Padma Award to the satisfaction of your minister, Lay leader, or counselor, arrangements will be made for you to appear before the Padma Board of Review.
(The above does not apply to the Brownie or Junior levels)
6. If the Padma Award Board of Review finds that you have maintained the high standard set for the requirements, your certified Record Book and a letter of certification signified by the submittal of the Completion Form will be sent to the National Buddhist Committee on Scouting along with the essay, as appropriate, for final approval.
7. When all approval is made, the Padma Award will be forwarded to the minister of your temple to be presented to you at an appropriate ceremony.

Administration

The Padma Award Program is administered and supervised by the National Buddhist Committee on Scouting. The Girl Scouts of the U.S.A has recognized this Program, and the Girl Scout leaders have been informed of it. For further information, contact your local Buddhist temple, your local Girl Scout Council, or the Chairman of the National Buddhist Committee on Scouting.

Buddhist Scout Padma Award - Brownie Requirements -

1. The Buddhist Shrine - Be a Ready Helper

- a. Visit your temple, stand directly before the shrine, and observe and identify all adornments and symbols carefully.
- b. Learn the meaning of the objects on the shrine.
- c. Understand the meaning of gassho, incense, and the ojuzu.
- d. Help with the care of your home altar daily for sixty days.

2. The Buddhist Sangha - Be a Friend Maker

- a. Recite the Golden Chain from memory.
- b. Apply the Golden Chain at home:
 - at home.
 - at School.
- c. Be a Brownie friend-maker.
 - in your troop as a big sister.
 - in your neighborhood.
- d. Be a friend-maker by doing a service project.

3. Ways of a Buddhist - Be a Discoverer

1. Discover the Teachings - The four (4) Gratuities:
 - Gratitude to parents.
 - Gratitude to all life.
 - Gratitude to country.
 - Gratitude to Buddha, Dharma, Sangha.
2. Attend a Buddhist Sunday School or its equivalent, regularly.
3. Practice meditation before your family shrine, daily.
4. Express Buddhist gratitude before and after meals.

Buddhist Scout Padma Award - Junior Requirements -

1. To Be Honest

Learn about the Life of Buddha in order to follow His way to the Truth.

Learn about the life of the founder of your denomination and His search for the Truth.

Explain the Four Noble Truths and:

Write a paragraph on how to relate the Teachings to your daily life.

Draw a picture of the Wheel of Dharma and indicate its relationship to the Eightfold Noble Path.

2. To Be Fair

Religious Understanding - Visit another church, synagogue or temple. Listen with appreciation and respect.

Social Understanding - Take part in a project which helps people in need, in your community or worldwide.

Personal Understanding - Discuss the importance of being fair-minded in your daily life.

3. To Help Where I Am Needed

Discuss the meaning of Dana and Compassion in your life.

Choose ways to help at home and follow through with your choices.

Suggest areas where your help may be needed at the temple. Pursue one of these suggestions.

Discover ways to help Buddhists in other countries.

4. To Be Cheerful

Understand the meaning behind the concept of Padma.

Keep a private journal, and record some activities of yours, which were motivated by the spirit of Padma. (Keep for one week)

Learn about the Buddhists observations. Take part in at least three of them.

5. To Be Friendly and Considerate

Practice Buddhist etiquette at services, at home, and at the Temple.

Lead a meditation service before your family shrine.

Learn to take care of the shrine.

Learn the Six Paramitas and apply them to daily living. Concentrate on patience and gratitude, which will lead to friendly and considerate behavior.

6. To Be a Sister to Every Girl Scout

a. Learn about the spread of Buddha Dharma from India to other countries.

- From India
- Through Asia
- In the United States

b. Become familiar with aspects of your own denomination.

- Outstanding characteristics.
- Growth and development in the United States.

- Exchange correspondence - possibly write to the Sangam near Poona India or Buddhist Scouts in Japan.
- c. Become involved in your own temple by:
- Attending Dharma School regularly.
 - Giving unselfishly of your time to church activities.
 - Know the history of your temple.

7. To Respect Authority

- a. Look in the dictionary for the definitions of Respect and Humility, and apply these qualities in your relationships with others.
- b. Study the Eightfold Noble path as a guide toward good citizenship.
- c. Write a paragraph about one episode in the life of the founder of your denomination.

8. To Use Resources Wisely

Conservation of Buddhist Ideas

- a. Use the resources of your temple to show some Buddhist principles in Eastern culture, i.e. library, music, visual aids, etc.
- b. Observe one or more forms of eastern culture and be able to discuss its Buddhist background.
- c. Complete a project related to the conservation of resources in your temple.

9. To Protect and Improve the "World Around Me"

- a. Recite the Golden Chain.
- b. List ways to protect and improve your world, your family, your home, and pets.
- c. Continue daily meditation, to make your link bright and strong.

10. To Show Respect for Myself and Others Through My Words and Actions

- a. Seek the light of wisdom.
- b. Write an essay on what it means to be a Buddhist Girl Scout.

Buddhist Scout Padma Award - Cadette Requirements -

First Stage

**** BUDDHA ****

1. Relate briefly the life of Sakyamuni Buddha and name about five principal events in his life, their dates, and point out on a map where they occurred.
2. Explain what is meant by a Buddha.
3. Explain in your own words what Buddha means to you in your personal life.
4. Show that you have provided the necessary daily care of the shrine in your home for at least three months.
5. Demonstrate the correct method of shrine arrangement.
6. Show evidence of personal daily morning and evening mediation before the shrine.
7. Explain and demonstrate correct to someone the correct etiquette and procedures before the shrine, including gassho, used of meditation beads (juzu), incense burning, etc; and give the symbolic significance of each.

**** DHARMA ****

8. Explain briefly some of the principal teaching of Buddhism and answer the following:
 - a. What are the Four Noble Truths?
 - b. What are the Eightfold Noble Paths?
 - c. What are the three characteristics of existence?
 - d. Explain what Buddhist Karma means.
 - e. What are the eight sufferings?
 - f. The ten goodnesses?
 - g. The six paramitas?
 - h. The five precepts?
9. State briefly the history of the founder and the development of your own denomination.

**** SANGHA ****

10. Show that you express Buddhist gratitude regularly before and after meals.
11. Describe the administration, the organization, and the affiliated organizations of you own local temple.
12. Show that you attend Dharma School services regularly.

13. Explore the Buddhist thought in several areas of the cultural arts, i.e. flower arranging, tea ceremony, musical arts, aikido, kendo, judo, etc.
14. Give twenty-five hours of dana to your temple by any of the following methods:
 - a. Distribution of temple literature, posters, etc
 - b. Collection of article, etc. for the needy.
 - c. Doing errands.
 - d. Repairing temple property, decorating rooms.
 - e. Cleaning yard, helping in the kitchen, etc.
 - f. Clerical services.
 - g. Others recommended by the minister or qualified counselor.
15. Know the major activities and the events of you temple for the year.
16. Name some of the social welfare activities of your temple and show how you had helped in one or more of them.

First Stage Challenge:

Challenge your ability to use the knowledge and skills acquired in the First Stage.

Second Stage

**** BUDDHA ****

1. Relate the life of Sakyamuni Buddha, including the background of His time, the spiritual significance of the various events, which led to His enlightenment, etc.
2. Explain Buddha-nature and why there could be many Buddhas.
3. Give the meaning of your shrine symbols.
4. Reach an understanding with your minister or qualified counselor on "Faith".
5. Relate briefly the significance and development of the use of the shrine in Buddhist services.
6. Give the meaning of the historic Buddhist symbols.
7. Lead a family service at home for at least seven different times in three months, using Te-Sarana (Three Treasurers) and any of the following:
 - a. A sutra of your temple,
 - b. readings from Dhamapada,
 - c. passages from the Dharma School text or Young Buddhist Association Service text, or similar text.

**** DHARMA ****

8. Explain the following:
 - a. The aim of Buddha's teaching.
 - b. Enlightenment or Nirvana

- c. The Buddhist concept of self.
 - d. Rebirth (reincarnation and spiritual)
9. Explain briefly the characteristics of Theravada Buddhism and Mahayana Buddhism.
10. Explain the Three Aspects of Buddha (Trikaya).
11. Name the sutras used in your temple, and give a brief explanation of the sutras and the fundamental teachings on which your temple is based.
12. Exemplify in your daily living the practice of the Eightfold Noble Path, the Six Paramitas, and the Five Precepts in the light of the principal beliefs of your temple.

**** SANGHA ****

13. Give the meaning and relate the beginnings of the Buddhist Sangha.
14. Show that you are giving financial contributions regularly to your temple, as well as attending your Temples and/or Young Buddhist Association (Y.B.A.) services.
15. Know the history and the administrative organizations of your temple system in our country, and include the counterpart of your temple in some foreign country.
16. Explain one or more of your temple's foreign welfare services, and show how you have participated.
17. Show active participation in the youth organization of your own temple.
18. Give a five-minute talk on Buddhism before a group, or write a 500-word essay on some aspect of Buddhism.
19. Show ability and willingness to do any one of the following:
- a. Lead a Y.B.A. service, Dharma School, Choir.
 - b. Be on the Dharma School teaching staff.
 - c. Serve as leading officer of the youth organization.
 - d. Work as conference committee chairperson.
 - e. Any other recommended by the minister or qualified counselor.
20. Describe a few of the present worldwide Buddhist denominations in America.
21. As a Buddhist, show how through your own daily living you can contribute toward the achievement of harmony among mankind.

Second Stage Challenge:

As a Buddhist, show how you, through your daily living can contribute toward the achievement of harmony among mankind.

Buddhist Scout Padma Award - Senior Requirements -

Prerequisite: Complete the Cadette Level

**** BUDDHA ****

17. Review the course of study (Cadette level) so that you may be able to apply your knowledge in these ways:
 - a. Teach Dharma School.
 - b. Assist in the instruction of the Brownie and Junior levels of this award.

**** DHARMA ****

18. Increase your awareness of the Buddhist Way of Life in these ways:
 - i. Attend a seminar or retreat. (Check with your religious council for information)
 - j. Help spread the Dharma by contributing articles to your temple new bulletin. Write an essay of Buddha Dharma or various experiences gained from the Padma Award Program.
 - k. Discuss the responsibilities of your minister and find appropriate ways to be service to him.

**** SANGHA ****

19. Develop further your understanding of your Buddhist heritage in these ways:
 - a. Select one Buddhist cultural area covered in the Cadette level and pursue the study of it in depth.
 - b. Come to understand the meaning of "do", with ministerial assistance and through personal research.
 - c. Give fifty (50) hours of Dana to your temple. (Refer to the list given in the Cadette level)