

## Prof. Jan Willis

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As a tenth grader in the '60s, Prof. Jan Willis marched with the Rev. Dr. Martin Luther King Jr. in Birmingham, Alabama. That moment, which she often still reflects on, changed her life forever.

"The nonviolence that I witnessed there is echoed in Buddhism," she said. Though she grew up a Baptist, she now practices and teaches Tibetan Buddhism at Connecticut's Wesleyan University. Tibetan Buddhism focuses on three areas of self-reflection – outer, which is physical; inner, which is emotional; and secret, which is spiritual.

"Buddhists wish for happiness for all people," said Prof. Willis. "They live selflessly and practice generosity, reasoning – as King did – that if one of us is unhealthy, we are all unhealthy. We are all responsible for one another."

Prof. Willis said her students are most intrigued by meditation – a common practice in Buddhism. "Meditation is health care for the mind. We lavish attention on our bodies, but rarely give attention to our minds. Meditation offers the opportunity to do this, and to find rest and peace," she said.

In addition to her teaching, Prof. Willis encourages her students to visit a variety of places of worship. "I want them to see that the world's population is not just made up of the people they see every day," she said.

A teacher, an author, a public speaker and a humanitarian, Prof. Willis said Buddhism gives people space to determine who they are. "We are tough minded but tenderhearted," she said. "Good health comes from giving yourself time."



# PEACE

"Meditation is health care for the mind."

— PROF. JAN WILLIS



### Health Tip



Reduce stress, laugh more, think positive.

Start with 30 minutes a day, then gradually build your positive-thinking time.

## April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1950: Blood research pioneer Charles R. Drew dies.	2 1984: Georgetown coach John Thompson becomes first African American coach to win the NCAA® basketball tournament.
3 1826: Poet-oralor James Madison Bell, author of the Emancipation Day poem "The Day and the War," born.	4 1968: Rev. Dr. Martin Luther King Jr. assassinated in Memphis, Tennessee.	5 1951: Washington, D.C., Municipal Court of Appeals outlaws segregation in restaurants.	6 1909: Matthew A. Henson reaches North Pole, 45 minutes before Robert E. Peary.	7 1959: Lorraine Hansberry becomes first black playwright to win New York Drama Critics Circle Award (for <i>A Raisin in the Sun</i> ).	8 1974: Atlanta Braves slugger Hank Aaron hits 715th career home run, surpassing Babe Ruth as the game's all-time home-run leader.	9 1816: African Methodist Episcopal (A.M.E.) Church formed.
10 1816: Richard Allen consecrated first Bishop of the African Methodist Episcopal (A.M.E.) Church.	11 1899: Percy Julian, developer of physostigmine and synthetic cortisone, born.	12 1983: Harold Washington becomes first African American elected mayor of Chicago. 🌀 Rama Navami	13 1997: Tiger Woods wins Masters Golf Tournament.	14 1775: First abolitionist society in U.S. founded in Philadelphia.	15 1964: Sidney Poitier becomes first black to win Academy Award® for Best Actor for <i>Lilies of the Field</i> .	16 1862: Slavery abolished in the District of Columbia.
17 1983: Alice Walker wins Pulitzer Prize for fiction for <i>The Color Purple</i> . † Palm Sunday	18 1995: Margo Jefferson receives Pulitzer Prize for criticism. ✳️ Passover Begins (sundown) 🌀 Theravada New Year	19 1972: Stationed in Germany, Maj. Gen. Frederic E. Davidson becomes first African American to lead an Army division.	20 2010: Dorothy Height, leading female voice of the 1960s civil rights movement, dies.	21 1966: Pfc. Milton L. Olive III awarded posthumously the Congressional Medal of Honor for valor in Vietnam.	22 1922: Jazz bassist and composer Charles Mingus born. † Good Friday	23 1856: Granville T. Woods, inventor of the steam boiler and automobile air brakes, born.
24 1944: United Negro College Fund incorporated. † Easter	25 1918: Ella Fitzgerald, "First Lady of Song," born.	26 1888: Sarah Boone patents ironing board.	27 1968: Dr. Vincent Porter becomes first black certified in plastic surgery. Administrative Professionals Day	28 2009: Sojourner Truth, former slave turned abolitionist, becomes first African American woman to have a memorial in the U.S. Capitol.	29 1899: Edward Kennedy "Duke" Ellington, jazz musician and composer, born.	30 1952: Dr. Louis T. Wright honored by American Cancer Society for his contributions to cancer research.