

## Schedule 4 for Facilitators: A two-hour (120-minute) Sangha for Earth Caring in the Plum Village tradition

Part 1: 75 minutes incorporating a guided meditation (40 minutes), walking meditation (15 minutes) and silent sitting meditation (20 minutes)

**(a) 40-minute guided meditation:** ‘Contemplating Wrong Perceptions That Are Based On Being Caught In Signs’ from Thich Nhat Hanh (2022) *The Blooming Of A Lotus*, Beacon Press Books, US, pp. 94-5.

*To start wake-up big bell: bell, bell, bell*

*To start guided meditation: wake-up big bell*

1) Breathing in, I am aware of myself as a collection of five aggregates. myself as five aggregates

Breathing out, I see this collection of five aggregates rooted and based in all that is. five aggregates in all that is

*At end of this first meditation invite big bell*

*Now continue with this pattern of waking up and inviting the bell for each meditation*

2) Breathing in, I am aware of myself as made up of what is not myself (warmth water, air, earth, ancestors, habits, society, economy). myself made of what is not myself

Breathing out, I see that my perception of myself is often wrong. perception of myself often wrong

3) Breathing in, I am aware of the human species as an animal species with a culture that has made it dominant on earth. human an animal species

Breathing out, I see that the human species cannot exist without the animal, plant, and mineral species. not able to exist without other species

4) Breathing in, I see the presence of the human species in the animal, plant, and mineral species. humans in other species

Breathing out, I see that my ideas of humans as an independent species is wrong. humans not an independent species

5) Breathing in, I am aware that all animal species are born, die, and have feelings and consciousness.

animals have feelings and consciousness

Breathing out, I see that the animal species can not exist without the plants and minerals, the sun, the water, and the air.

not able to exist without other species

6) Breathing in, I see the presence of the animals in non-sentient beings; like plants, minerals, sun, water, and air.

animals in non-sentient beings

Breathing out, I see that my idea of animals as an independent category is wrong.

wrong idea of animals

7) breathing in, I am aware of my life beginning at my birth and ending with my death.

life beginning with birth ending with death

Breathing out, I see myself present in many different forms before my birth and after I die (in the sun, water, air, earth, ancestors, descents, habits, Society, economy).

forms of life before birth and after death

8) Breathing in, I see my life span is not limited by my birth and death.

unlimited life span

Breathing out, I see that my notion of a life span is wrong.

life span a wrong notion

*To end wake-up big bell: bell, bell*

**(b) 15-minute walking meditation** with an invitation to feel our feet on the ground and connect with Mother Earth while reflecting on our relationship with all that is.

*To start wake-up small bell: bell (stand), bell (turn left), bell (walk)*

After 15 minutes of walking meditation:

*To end wake-up small bell as walk continues: bell (return to place), bell (sit down)*

**(c) 20-minute silent meditation with preface 4** 'Seeing Myself as a Flower, a Mountain, Still Water, Space,' from Thich Nhat Hanh (2022) *The Blooming Of A Lotus*, Beacon Press Books, US, pp. 130-1.

*To start wake-up big bell*

Read preface 4

*When finished reading invite: bell, bell, bell*

Period of silent meditation

*To end wake-up big bell: bell, bell*

**Part 2: 45 minutes of reading (15 minutes) and dharma sharing (30 minutes)**

**(d) 15-minute shared reading** from *Thich Nhat Hanh (2013) Zen and the Art of Saving the Planet*, Penguin Random House, UK. Begin on page 225 and read for 15 minutes. Invite Sangha members to read as much or as little as they wish before passing the book to the next person.

*To start the reading wake-up big bell: bell, bell, bell*

After 15 minutes of shared reading:

*To end wake-up big bell: bell, bell followed by a pause of two breaths and then final bell*

**(e) 30-minute period for dharma sharing**

Explain the principles of dharma sharing and invite Sangha to reflect on the guided meditation, preface and reading in relation to our relationship with Mother Earth and specifically the natural environment. Invite people to reflect on these themes with reference to their consumption of green house gases in relation to transport, heating, food, packaging and so forth.

*To start wake-up big bell: bell, bell, bell*

30-minute sharing

*To end wake-up big bell: bell, bell, bell*

Invite Sangha to massage their feet and prepare to stand up

**(f) Conclude with final bells:**

*Wake-up small bell: bell (stand) bell (bow to Sangha), bell (bow to Buddha)*

End