

Schedule 1 for Facilitators: A two-hour (120-minute) Sangha for Earth Caring in the Plum Village tradition

Part 1: 70 minutes incorporating a guided meditation (30 minutes), walking meditation (20 minutes) and silent sitting meditation (20 minutes)

(a) 30-minute Plum Village guided meditation: ‘The Four Elements – The Earth Myself’

Wake-up big bell: bell, bell, bell

To start guided meditation wake-up big bell

1) Breathing in	I come back to my in breath	in
Breathing out	I come back to my out breath	out

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 the fire element within my body	fire element in me
Breathing out	I am one with the earth, there is no separation	no separation
3) Breathing in	I am aware of the earth element within my body	earth element in me
Breathing out	I am one with the earth, there is no separation	no separation
4) Breathing in	I am aware of the air element within my body	air element in me
Breathing out	I am one with the earth, there is no separation	no separation
5) Breathing in	I am aware of the water element with my body	water element in me
Breathing out	I am one with the earth, there is no separation	no separation

To end wake-up big bell: bell, bell

(b) 20-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 twenty 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 19 'I am a River, a Continuation of My Blood and Spiritual Ancestors,' from Thich Nhat Hanh (2022) *The Blooming Of A Lotus*, Beacon Press Books, US, pp. 141-2.

To start wake-up big bell

Read preface 19

When finished reading invite: bell, bell, bell

Period of silent meditation

To end wake-up big bell: bell, bell

Part 2: 50 minutes of reading (20 minutes) and dharma sharing (30 minutes)

(d) 20-minute shared reading: from Chapter 7 in *Thich Nhat Hanh (2008) The World We Have*, Parallax Press. Begin on page 69 and read for 20 minutes. Invite Sangha members to read as much or as little as they wish before passing the book to the person next to them.

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

After twenty minutes 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 their practice and relationship with Mother Earth. Specifically invite people to reflect on climate change and their consumption of food, packaging, transport, heating 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