

Schedule 2 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 guided meditation from the Thich Nhat Hanh statement published on the United Nations Framework Convention on Climate Change (UNFCCC) website ahead of the Paris Climate Summit in September 2015

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

To start guided meditation: wake-up big bell

1) Breathing in I know I am in love with this beautiful, bounteous, life-giving planet we call Mother Earth
Breathing out I know each one of us carries the Earth within every cell of our bodies.

In Love with Mother Earth
Earth is within every cell of our bodies.

Invite big bell

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

2) Breathing in, I realise that the Earth is not just our environment. The Earth is not something outside of me
Breathing out, I know that the Earth and I are one.

Earth is not something outside of me.
The Earth and I are one

Big bell

3) Breathing in with mindfulness, I contemplate my body and realise that I am the Earth
Breathing out, I know my consciousness is also the consciousness of the Earth.

Realise that I am the Earth
My consciousness is also the consciousness of the Earth.

Big bell

4) Breathing in, I know that cherishing Mother Earth is not an obligation.
Breathing out, I know it is a matter of personal and collective happiness and survival for me and all beings.

Cherishing Mother Earth is not an obligation
A matter of personal and collective happiness and survival for all beings

Big bell

5) Breathing in, I see that all that is needed for global healing is present within me and all around me.
Breathing out, I feel immense gratitude for this miraculous power of transformation.

All that is needed for global healing is present within me
Feeling gratitude for this power of transformation present within me

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 20-minutes of walking meditation:

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

(c) 20-minute silent meditation with preface 20 at the start: ‘I am the Buddha’s continuation,’ from Thich Nhat Hanh (2022) *The Blooming Of A Lotus*, Beacon Press Books, US, pp. 142.

To start wake-up big bell

Read preface 20

When finished reading invite: bell, bell, bell

Period of silent meditation

To end wake-up big bell: bell, bell

Part 2: 50 minutes of ‘Touching the Earth’ (20 minutes) and dharma sharing (30 minutes)

(d) 20-minute ‘Touching the Earth.’ Introduce the practice and use the following ‘Touching the Earth for Ecological Regeneration’ by Order Member T. Ambrose Desmond (from *Mindfulness Bell* volume 63).

Touching the Earth, I open myself to this beautiful planet and all of the life that is here.

[BELL]

[ALL TOUCH THE EARTH]

With heart and mind open, I see that there is no separation between my body and the body of the Earth. Every mineral in this flesh and bone has been stone and soil and it will be again. Looking into one calcium molecule in my bone, I can see that it used to be part of the body of a green leaf. Before that, it was part of the living soil in a garden. Long before that, it was a shell in the sea. I see the continuation of this calcium molecule in so many forms and now in my bone. I can see that the Earth element in me will return to the soil and manifest as other forms of life in the future.

I know that every drop of my blood has been the rain, rivers, and ocean, and it will be again. I can see the life of a water molecule in my blood extending back to before the non-beginning. I can see the water I drink becoming part of my body. Looking back further, I can see that water has been part of every river and every ocean since the beginning of the Earth. I can see that the hydrogen and oxygen that make up this water have been in existence long before the Earth formed. Although my blood feels so much like a part of “me,” I know it will continue in many forms forever.

The air that gives life to every cell in my body has lived in trees and other animals and in the vast sky, and it will again. I see the air element in me—the air that I can feel going in and out of my lungs and the air that is carried throughout my body, keeping me alive. I know this air is part of the vast ocean of the atmosphere moving in and out of all people, animals, plants, and microorganisms. I see we are all breathing together.

The warmth of my body is the warmth of the sun. I see the sun's warmth radiating through space to the Earth and connecting with a green leaf. That leaf miraculously transforms the energy into sugar. As I take that leaf into my body, I transform the sugar back into warmth. I can see that the sun is alive in me.

I can see clearly that the Earth is not my environment. It is my body and there is no separation.

[THREE BREATHS]

[BELL]

[ALL STAND UP]

Touching the Earth, I open myself to all of the suffering that is present in the Earth.

[BELL]

[ALL TOUCH THE EARTH]

With heart and mind open, I see clearly that the Earth and I are one body. With tenderness and love, I bring my awareness to the suffering that is present in this collective body. I see the mineral element that is stone becoming soil, becoming vegetation, becoming flesh and bone, becoming soil again. I also see the suffering that is present in the mineral element. I see the toxins we have made creating sickness and cancer in living beings, and the pesticides and fertilizers poisoning the soil. I know that the suffering of the mineral element is my suffering. I embrace this suffering with tenderness and love.

I see the water element. I see the ocean becoming cloud, becoming rain, becoming drinking water, becoming blood, and returning. I also see the suffering in the water element. I see thousands of children without clean water to drink, and the toxins we have allowed to be released in streams, aquifers and oceans, and all of the suffering they cause. I know the suffering of the water element is my suffering. I embrace this suffering with tenderness and love.

I see the air element. I see the one ocean of air circulating through all life and through the vast sky. I also see the suffering in the air element. I see pollution in the air and the sickness it causes. I know the suffering of the air element is my suffering. I embrace this suffering with tenderness and love.

I see the fire element. I see the energy of the sun warming the Earth, turning into sugars when it touches green leaves, and those leaves becoming my body. I see that the heat in my body is the heat of the sun. I also see the suffering in the fire element. I see the ocean levels rising, the polar ice caps melting, and all of the destruction caused by global climate change. I know the suffering of the fire element is my suffering. I embrace this suffering with tenderness and love.

[THREE BREATHS]

[BELL]

[ALL STAND UP]

Touching the Earth, I open myself to the enormous capacity for healing that is present in the ancestors and in the Earth.

[BELL]

[ALL TOUCH THE EARTH]

With heart and mind open, I see the Earth herself as a living body. I see her capacity to adapt and heal herself. I know that she is strong and that she has a miraculous capacity to transform a toxin into a resource in the same way I can transform suffering into compassion.

I can see the Earth billions of years ago, when she was covered with single-celled organisms that could breathe only carbon dioxide. These single-celled organisms produced oxygen as a waste, and the increasing amount of oxygen in the atmosphere threatened to end life on Earth. I see that in that moment, the Earth began to manifest new single-celled organisms that breathed oxygen and restored the balance in the atmosphere.

I see that this creativity is still alive in the Earth and in human beings. I know all of the solutions to our environmental problems already exist. I know my ancestors have discovered ways of harnessing the power of the wind and sun and water to provide for all of our needs. I see intentional communities, permaculture food forests, electric trains, and compassionate conflict resolution. I also see my own capacity to embrace suffering with mindfulness and love, transforming it into compassion.

Looking deeply, I see that all that is needed for global healing is present within me and all around me. I feel immense gratitude for this miraculous power of transformation.

[THREE BREATHS]

[TWO BELLS]

[ALL STAND UP]

(e) 30-minute Period for dharma sharing

Having explained principles of dharma sharing invite Sangha to reflect on the guided meditation, preface and Touching the Earth in relation to their own experience of their sense of connection with Mother Earth. Make reference to climate change and human consumption of natural resources such as food, energy and packaging.

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