

Schedule 3 for Facilitators: A two-hour (120-minute) Sangha for Earth 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: ‘The Four Elements’ offered by Sister Chan Duc (True Virtue); for a forty minute period it is suggested facilitator uses meditations 2 - 6 + 11 - 15.

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

To start guided meditation: wake-up big bell

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| 1) Breathing in this is the in breath | in breath |
| - Breathing out this is the out breath | out breath |

At end of meditation 1 invite big bell

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

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| 2) Breathing in I am aware of my whole body | my body |
| - Breathing out I relax my whole body | relax |

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| 3) Aware of the earth element in me, which is solid; Nails, bones, teeth, I breathe in | earth element, solid |
| - Smiling to the earth element in me | I smile |

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| 4) Feeling in this body the water element in everything that is fluid; saliva, tears, blood, urine, I breathe in | water element, fluidity |
| - Smiling to the liquidity of the water element in my body | I smile |

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| 5) Feeling the fire element in my body; the warmth made by the digestive juices, the movements of the muscles, I breathe in | fire element, warmth |
| - Smiling to the fire element and the warmth in my body, I breathe out | I smile |

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| 6) Feeling the air element in my body, oxygen, carbon dioxide and other gases in my lungs and elsewhere, I breathe in | air element, oxygen |
| - Smiling to the air element in my body, I breathe out | I smile |

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| 7) Aware of the earth element in nature around me; the soil, the solidity in plants, animals and minerals, I breathe in | earth element in nature |
| - Smiling to the element of earth in nature and all around me, I breathe out | I smile |

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| 8) Seeing the water element, clouds, rain, dew, rivers oceans, and in plants and animals, I breathe in | water element in nature |
| - Smiling to the water element in nature I breathe out | I smile |

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| 9) Seeing the fire element all around me in nature, the sunshine, fire, I breathe in - Smiling to the fire element in nature, I breathe out | fire element in nature I smile |
| 10) Aware of the air element all around me and in all things in nature; the atmosphere, the wind, I breathe in - Aware of the air element in nature I smile | air element in nature I smile |
| 11) Aware that the air element in my lungs and blood is not separate from the air element around me in nature, I breathe in - Smiling to the oneness of the air element in me and around me, I breathe out | air element, within and without not separate, I smile |
| 12) Aware of that the fire element within my body; warmth, fire and in nature; in the universe and all around me are not separate, I breathe in - Smiling to the oneness of fire element in me and around me I breathe out | fire element within and without not separate, I smile |
| 13) Aware that the water element within me and around me are not separate, I breathe in - Smiling to the oneness of the water element within me and around me I breathe out | water element, within and without not separate, I smile |
| 14) Aware that the earth element in all that is solid in my body and in nature and all around me are not separate, - I breathe in Smiling to the earth element within and around me I breathe out | earth element within and without not separate, I smile |
| 15) Breathing in, I enjoy the in breath - Breathing out, I enjoy the out breath | in, enjoying out, enjoying |

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 22 at the start: 'I am the clouds; I am snow,' from Thich Nhat Hanh (2022) *The Blooming Of A Lotus*, Beacon Press Books, US, pp. 143-4.

To start wake-up big bell

Read preface 22

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 Chapter 1 in *Thich Nhat Hanh (2013) Love Letters to the Earth*, Parallax Press. Begin on page 8 and read for 15 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 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 their relationship with Mother Earth and issues surrounding Climate Change.

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