

from Jack Lawlor (Dharma carya, Chicago)

## SUGGESTED TIEP HIEN ASPIRANT PRACTICES

The following practices are suggested for aspirants in the Order:

### I. STOPPING AND TRANSFORMING DISPERSION

- A. Daily formal sitting and walking meditation.
- B. Progressive, phased use of breath gathas which one has an affinity for. ( Consult Ven. Thich Nhat Hanh's Present Moment, Wonderful Moment to learn this practice.)
- C. Regular Sangha attendance.
- D. Enjoyment of a personal Day of Mindfulness each week.  
( For example, remaining home to practice sitting meditation, walking meditation, and mindfully performed simple chores imbued with the practice of conscious breathing and the use of gathas. Refrain from excessive use of electronic media and shopping.)
- E. Participate in available Sangha Days of Mindfulness, retreats, and recitations of the Five Wonderful Trainings and Fourteen Trainings of the Order of Interbeing.
- F. Stay in touch with your spiritual friend to discuss questions, problems, aspirations, and joyous experiences in the practice.
- G. Consider reading ( or re-reading! )  
the following books by Thich Nhat Hanh:

- 1.) The Miracle of Mindfulness
- 2.) Peace is Every Step
- 3.) Present Moment, Wonderful Moment

### II. THE FIVE WONDERFUL TRAININGS AND THE FOURTEEN TRAININGS OF THE ORDER OF INTERBEING

- A. Continue the practices described in Part I, above.
- B. Please read ( or re-read! ) For a Future to be Possible by Thich Nhat Hanh and Interbeing by Thich Nhat Hanh, including the Charter of the Order of Interbeing which appears in its appendix.
- C. Consider volunteering to help one person ( perhaps a friend, family member, or another in need ) on a consistent basis.

D. Consider volunteering to facilitate a Sangha discussion on one of the Fourteen Mindfulness Trainings which speaks to you.

E. Consider reading the following books by Thich Nhat Hanh:

1.) Love in Action;

2.) Being Peace.

### III. THE DEVELOPMENT OF INSIGHT

A. Continue the practices described in Part I, above.

B. Please read ( or re-read! ) The Sun My Heart by Thich Nhat Hanh.

C. Practice outdoor walking meditation at least one-half hour per week.

D. Enjoy a weekend-long retreat or two consecutive personal Days of Mindfulness if a Sangha retreat is unavailable.

E. Consider helping an additional person in need on a consistent basis, perhaps encouraging a Sangha member to assist as well!

F. Consider reading the following books:

1.) Learning True Love by Sister True Emptiness

2.) Begin enjoying Old Path White Clouds by Thich Nhat Hanh.

3.) Cultivating the Mind of Love by Thich Nhat Hanh.

4.) Sangha Building: Creating the Buddhist Practice Community by Jack Lawlor

### A NOTE ON READING:

Please don't "rush" your reading! Reading Buddhist-inspired texts can be a much deeper experience if we practice sitting and walking meditation first, and then read a little at a time. When in doubt, sit first! Read later! A challenging guideline: on any given day, don't read for any longer period of time than you practice sitting and walking meditation!