DAILY LIFE PRACTICE AND APPLICATION
60 days of mindfulness
Family and other relationships
Socially Engaged Practice
Workplace practice/Right livelihood

SANGHA
Dharma Discussion Facilitation
Mindful Conflict Resolution
Organizing a Day of Mindfulness
Leading a Day of Mindfulness
Organizing a Retreat

PRACTICES
Songs and chants
Poetry
Inviting the Bell
Gathas (Present Moment, Wonderful Moment)
Mindful Movements
Guided Meditation (Blooming of a Lotus)
Deep Relaxation
Touching the Earth (5 Touchings; 3 Touchings,
Plum Village Chanting and Recitation Book)

Introduce:
Sitting Meditation
Walking Meditation (The Long Road Leads to Joy)
Eating Meditation
Telephone Meditation
Hearing the Bell

5 Mindfulness Training Recitation Ceremony
Offering Incense
Bowing
Chanting Heart Sutra

Tea Ceremony
Beginning Anew
Four Mantras
Lovingkindness Prayers
Peace Treaty
Sangha Vows
Hugging Meditation
Evoking Bodhisattvas' Names
Three Refuges
Second Body Practice
Shining the Light Practice
STUDY
Precepts/Trainings
  Interbeing
  For a Future To Be Possible

Classics
  Being Peace
  Miracle of Mindfulness
  Peace Is Every Step
  Old Path, White Clouds
  The Sun My Heart
  Zen Keys

Sutras
  Breathe! You Are Alive!
  Transformation and Healing
  Our Appointment with Life
  The Heart of Understanding
  The Diamond that Cuts Through Illusion
  Thundering Silence

Plum Village Chanting and Recitation Book
The Heart of the Buddha’s Teaching
Stepping into Freedom (familiarity with monastic practice)

SanghaBuilding (Jack Lawlor)
Short Stories/Poetry (Taste of Earth; Hermitage in the Clouds; Please Call Me By My True Names)
Engaged Buddhism&Interfaith (Love in Action; Learning True Love; The Raft is not the Shore; Living Buddha, Living Christ; Gogin Home)

Other Resources of interest
A Basket of Plums--Songbook
The Mindfulness Bell--journal: back issues available from Parallax
How To Enjoy Your Stay at Plum Village--booklet
Be Free Where You Are--TNH Dharma Talk at a prison
Mindfulness Practice Center Manual
NonViolent Communication, A Language of Compassion-- Marshall Rosenberg
Engaged Buddhism in the West, ed by Christopher S. Queen
The Tao of Leadership by John Heider
The Tao of Mentoring

Videos: Awakening Bell; Peace Is Every Step; others.

Websites: www.plumvillage.org; www.iamhome.org; www.parallax.org; www.wou.edu (Jerry Braza’s website: How to Start an MPC on a College Campus)--and many sangha websites
(Search: Order of Interbeing; Community of Mindful Living; Thich Nhat Hanh)

UK-Community of Interbeing