

2001

Order of Interbeing: Practice and Study Guide for Aspirants
Lyn Fine (510-655-1628; LynFine@aol.com)
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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

8/27
7:30 p

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

→ Sutra on the Eight Realizations...

→ Sutra on The White-clad Disciple
(in: For A Future To Be Possible
chanting book)

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; Goin 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