

ORDER OF INTERBEING TRAINING PROGRAM

with

**Dharmacharya Ian Prattis,
True Body of Wisdom
In The Tradition of Thich Nhat Hanh**

Basic resources: Plum Village Chanting and Recitation Book by Thay, Parallax
Parallax Press Book and Tape catalog
www.ianprattis.com Click on Meditations; also on Articles

Basic readings: Interbeing by Thay, Parallax
The Heart of the Buddha's Teachings by Thay, Parallax
Transformation at the Base by Thay – Parallax Press
Anger: Wisdom for Cooling the Flames by Thay, Parallax Press
Friends on the Path by Thay (Compiled by Jack Lawlor), Parallax Press

After taking the 5 Mindfulness Trainings, there are 4 main areas of acquiring knowledge, and putting it into practice by taking responsibility for sangha building in an engaged manner; also providing an opportunity for the teachings to take root in your community, home and workplace in addition to your sangha.

1. Sutras – Learning About The Teachings

Discourse on Happiness – In The Heart of the Buddha's Teachings by Thay, Parallax
Discourse on Love – Teachings on Love by Thay, Parallax
- www.ianprattis.com/meditations/ FourBrahmaviharas meditation
Discourse on the Full Awareness of Breathing – Path of Emancipation by Thay, Parallax
Discourse on the Better Way to Catch a Snake – PV Chanting Book

2. Vinaya - Learning About the Rules

The Five Mindfulness Trainings – For a Future to be Possible by Thay, Parallax
www.ianprattis.com/Articles.htm

Chapters 2 & 7 in The Essential Spiral By Ian Prattis, published by University Press of America. www.ianprattis.com/essentialspiral.htm

Present Moment, Wonderful Moment by Thay – Daily Gathas for living mindfully

3. Karika – Learning About Essays

The Miracle of Mindfulness by Thay, Parallax
Interview With Thay – Recovering from Terrorist Attacks; The Spiritual Challenge
(On Beliefnet.com webpage, also in “Out of the Ashes: A Spiritual Response to America's Tragedy” published by Beliefnet and Rodale Press.)
Sutras and Discourses in the PVR&C Book

4. Learning About the Buddha's Life

Old Path, White Clouds by Thay, Parallax

Practice & Leadership

Leading/facilitating:

- Walking meditation – indoors and outside
- Incense offering (Chanting Book)
- 5 Mindfulness Trainings Recitation (Chanting Book)
- Tea Ceremony (Chanting Book)
- Deep Relaxation and Touching the Earth (Chanting Book)
- Meditations at Sangha gatherings on a regular basis
- Presenting a dharma talk

Resources: Blooming of a Lotus by Thay, Parallax Press
: www.ianprattis.com/meditations.htm

Keeping 60 days of mindfulness per year

This works out roughly as once every week, when you make a concerted effort to do everything that day in as mindful a manner as you can manage. This includes retreats that you may attend, particularly those offered by Thay, Sr Annabel or other teachers in Thay's tradition.

Learning Chants & Songs

Breathing in/ Breathing Out; Being an Island etc. – Resource: Basket of Plums booklet for words and music, Parallax.

Opening and Closing verses of ceremonies; Heart of Prajnaparamita; Refuge Chant – all in the PV Chanting Book.

Facilitating talks and retreats to be given by visiting teachers. To organize a retreat for a visiting teacher takes a lot of hard work and organization, and you have to work with your sangha as a team in order to facilitate this. Do not do it all yourself!

The mentoring process takes it's own time, as aspirants move at their own pace. It is necessary to be part of a sangha, as your sangha provides a letter of recommendation to the OI council for you to be ordained as a member of the Order of Interbeing. Sangha Eyes cannot see you in your practice if you do not have a sangha. This letter is in addition to the letter of recommendation from me. Also at any time during your training I encourage you to write a letter to Thay. It was his insight and clarity that lead to the formulation of the Fourten Mindfulness Trainings. Imagine he is sitting next to you as you tell him about this very important step in your life. Your application form includes your aspiration. You can refine your aspiration as time goes by and you develop deeper insight into your practice.

You need to write down your aspiration. What is it? Why do you wish to take this step? What brought you to this point? What have you done (and intend to do) to build sangha, live mindfully, and how do you anticipate continuing with this? What suffering have you been able to transform into wisdom and understanding through the practice of mindfulness? If you wish, you can exchange your aspirations with other trainees – this is an option only, your choice. It is also healthy to exchange with one another the difficulties and struggles you have with particular mindfulness

trainings etc. Perhaps an incredible network may emerge between you that represents Interbeing in practice. The structure and outline of the OI training is important, but just as important is how you live your life from the inside. Live from your heart and not by being caught by the practice.

The complete package for the OI council to consider your request for ordination must contain:

- 1. Your letter to Thay**
- 2. A letter from your sangha, signed by OI members (if there are any)**
- 3. A letter from your mentor**
- 4. Completed Application Form with your aspiration**

Good Luck!