

Resources for November 2024 MCPS Days of Mindfulness on Theme of Practices to Lessen Negative Habit Energy.

Talk by Thich Nhat Hanh, “Ending the Vicious Circle of Negative Habits” with a focus on the last 56 minutes of the video. He explains how he found his “true home” after exile from Viet Nam and how he transformed his anger toward his oppressors using basic mindfulness practices.

<https://www.bing.com/videos/riverview/relatedvideo?q=Thich+Nhat+Hanh+on+changing+Habit+Energies&&view=riverview&mmscn=mtsc&mid=8C40F3E08A030E521EA78C40F3E08A030E521EA7&&aps=0&FORM=VMSOV>

R.A.I.N: Recognize, Allow, Investigate, Nurture process offered by Tara Brach.

<https://www.tarabrach.com/rain/>

Plum Village App:

Short Meditation by Brother Phap Huu “Befriending Our Habits”

https://www.youtube.com/watch?v=I1iB_tdgivY

Episode #44 of the Podcast The Way Out Is In on “Befriending Our Habits” (1hr 33 min)

<https://plumvillage.org/podcast/befriending-our-habits-episode-44>

Taming The Tiger Within by Br. Ngo Khong, Deer Park Monastery (1hr 2 min)

<https://plumvillage.org/library/dharma-talks/taming-the-tiger-within-dharma-talk-by-br-ngo-khong-2020-05-10-deer-park-monastery>

Books: “Zen and The Art of Saving the Planet” by Thich Nhat Hanh, Chapter on “Deep Simplicity: You Are Enough” p 121-149.

“ Anger: Wisdom for Cooling the Flames” by Thich Nhat Hanh, Chapters 1-2, p 13- 46

Chapter XXI on taming the fox in “The Little Prince” by Antoine De Saint-Exupery