Resources for DOM Jan 20, 2024: INTERBEING AND CHANGING YOURSELF

Talk by Brother Phap Linh, "Happiness in the Here and Now: Let Mother Earth Guide You Home" given during the Plum Village Earth Retreat in June, 2023. The first half of the (1 hr 54 min) talk focuses on helping us see the relationship between the historical and ultimate dimensions by seeing ourselves in everything and "by living the interbeing experience". https://www.youtube.com/watch?v=oyBCX8Pmt2o.

Connecting With Our Inner Community is a new series of teachings and guided meditations offered by lay teachers Dr. Larry Ward and Peggy Rowe Ward through the Plum Village You Tube video site. Understanding our dialogues with ourselves and learning how to bring the best of ourselves to our appointment with life is the focus of this series starting with an Overview, Part One, 15 minutes: https://youtu.be/qd7ryTKPqUU?feature=shared

Interview with Sister True Dedication from 2016 Wake-Up retreat at Plum Village on using the energy of mindfulness to come back to ourselves, our family and friends, and to the Earth to enable us to lead our lives in a manner that calms craving and consuming. This will allow us to carry out projects that are sustainable and that support the Earth. 27 minutes long https://evermind.media/a-garden-of-hope-sister-true-dedication-about-mother-earth/

How Not to be Afraid of Strong Emotions: Guided meditation by Br Phap Huu and Sr. True Dedication. This guided meditation practice will cultivate your skillful response to strong emotions. 45 minutes https://youtu.be/bh6tC6J-eoI

How to Deal with Strong Emotions talk by Thich Nhat Hanh. Basic teachings on using exercises of mindful breathing to deal with suffering. 21 minutes .https://youtu.be/dJX8WkKbPf8

Podcast Episode 40 of The Way Out Is In: Bringing the Ultimate Dimension Down to Earth covers many of the same topics as the talk by Brother Phap Linh cited above but in audio format.
https://plumvillage.org/podcast/bringing-the-ultimate-dimension-down-to-earth-episode-40

On Being Podcast with Krista Tibbitt and Christiana Figueres: Ecological Hope and and Spiritual Evolution. This 1.5 hr podcast covers all aspects of the focus of the Zen and the Art of Saving the Planet course.
https://onbeing.org/programs/christiana-figueres-ecological-hope-and-spiritual-evolution/