

Resources for October 2024 MCPS Days of Mindfulness on Theme from the Zen and The Art of Saving the Planet Course.

Building Harmonious Communities

Dharma 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 dharma talk will start at 58min 45 sec into this 1 hr 54 min talk. This part focuses on the "Six Harmonies" or "Six Principles of Togetherness" needed for a solid community of support
<https://www.youtube.com/watch?v=oyBCX8Pmt2o>.

Books:

"Joyfully Together: The Art of Building A Harmonious Community "by Thich Nhat Hanh
"Love Letter to the Earth" by Thich Nhat Hanh.

Songs:

The Morning Chant: <https://mail.google.com/mail/u/0/#inbox?projector=1>

Quote on Theme:

"Trudging through the deep snow of the human condition, an individual can sink down and may even become stuck. The collective has the potential to be like a big snowshoe. When the collective is functioning optimally, the impact of the weight of our human shortcomings is spread out and the supportive nature of others can carry us beautifully on our journey. The sangha provides a conducive environment to transcend our conditioning, a place where we can take advantage of role models to see and feel how things may be experienced differently, through coregulation, implicit learning, and havens of safety and support. This is what can potentially be found in a sangha, a community with the intention and practices that lead to living in harmony and awareness.

...As Thay often said, the sangha is a "rock tumbler": each practitioner, as a pebble, becomes polished as life tumbles us together, rubbing off our rough bits. This tumbling, over time, produces a mutual polishing, allowing individuals to shine brightly and the collective to become a treasure chest...Or yet another analogy might be a formation of flying geese: alone or in too small of a group, we would become exhausted quite quickly on our journey, but with the larger collective of the sangha, we are able to rotate through, providing support for others and taking a break, gliding on others' updraft so that no one needs to be fighting the headwind for too long."

From [Unshakeable: Trauma Informed Mindfulness for Collective Awakening by Joann Rosen](#) (pages 203-204)

