

The 5 Mindfulness Trainings

The Mindfulness Trainings have been handed down since the time of the Buddha. They are the basis for a happy life. Here is a listing of their subjects:

The First Training: Reverence for Life

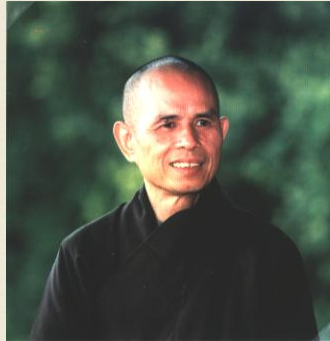
The Second Training: Loving kindness and generosity

The Third Training: True Love and Sexual responsibility

The Fourth Training: Loving speech and deep listening

The Fifth Training: Mindful consumption

To read the full text of the trainings, go to www.plumvillage.org



"Love is the capacity to take care, to protect, to nourish. If you are not capable of generating that kind of energy toward yourself - if you are not capable of taking care of yourself, of nourishing yourself, of protecting yourself - it is very difficult to take care of another person."

Zen Master Thich Nhat Hanh

STONY BROOK SANGHA



A Long Island NY Sangha,
practicing in the Plum Village
tradition of Zen Buddhist Master
Thich Nhat Hanh

[Http://stonybrooksangha.com](http://stonybrooksangha.com)

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Buddhist Sangha

Stony Brook Sangha Sitting Schedule:

**We are currently both live and
on zoom**

**Saturdays from 9-10:30am
live and on zoom**

**Mondays through Fridays 7:30-8am
zoom only**

Contact Information

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OUR PRACTICE

Our Saturday practice usually begins with sitting meditation, followed by mindful movements, a presentation, and dharma sharing, led by one of our members. All are welcome to practice with us, both beginners and experienced. The rituals described below are intended to help orient visitors and practitioners.



Sitting Meditation

Sitting meditation is like returning home . . . We sit upright with dignity and return to our breathing.

- *begins with 3 sounds of the bell
- *lasts usually for 20 minutes
- *ending signaled by 1 small bell
- *followed by Mindful Movements
- *and a second sit for 10-15 minutes
- *ends with 2 sounds of the bell, followed by
- *1 small bell -- to bow and stretch

Mindful Movements

Let us enjoy every movement we make as we synchronize our breathing to our movements.

- *arms raised to shoulder height, palms down
- *arms raised above head, palms inward
- *hands on shoulders, opening to outstretched
- *arms raised upward and circling downward again
- *1 small bell to bow and sit

Dharma Sharing

... an opportunity to benefit from each other's insights and experience of the practice.

- *begins with the leader for the day
- *each person bows or places a hand on his/her heart to begin and end speaking
- *speak from the heart of your personal experience and listen from the heart with no offers of advice or cross-talk
- *when there are only 5 minutes left, 1 sound of the bell, with an invitation to those who have not shared

Closing

- *3 sounds of the bell, followed by
- *1 small bell -- to bow and stretch
- *1 small bell to bow to the sangha
- *1 small bell to bow to the Buddha, our teacher Thay, and the world
- *"May the fruits of our practice benefit all beings and the earth."