

## 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

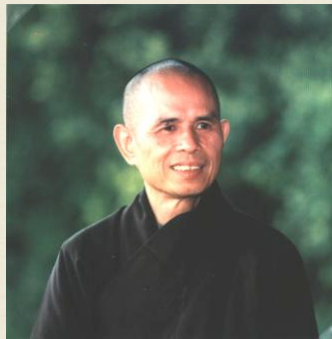
The Second Training: Loving kindness and generosity

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](http://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,  
located in the Stony Brook area  
and inspired by  
the teachings of Zen Buddhist  
Master  
Thich Nhat Hanh

## Stony Brook Sangha Sitting Schedule:

Saturdays from 9-10:30am at the Unitarian Universalist Fellowship at Stony Brook, 380 Nicolls Road.

## Contact Information

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# OUR PRACTICE

Our practice usually begins with sitting meditation, followed by walking meditation 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 30 minutes
- \*ends with 3 sounds of the bell, followed by
- \*3 small bells -- to bow, to stretch, to rise

## Walking Meditation

*Let us enjoy every step we make. Every step is nourishing and healing. As we walk, imprint our gratitude and our love on the earth.*

- \*begin with left foot at the sound of the small bell
- \*one step on the in breath,
- \*one step on out breath
- \*after the sound of bell, stop when you reach your place
- \*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
- \*ends with 3 sounds of the bell, followed by
- \*3 small bells -- to bow, to stretch, to rise, then
- \*1 small bell to bow to one another
- \*1 small bell to bow to the altar
- \*"May the fruits of our practice benefit all beings and the earth."