

MINDFULNESS PRACTICE COMMUNITY OF TORONTO RESOURCE SHEET

This Resource Sheet is to support your mindfulness and mindfulness meditation practice in the Thich Nhat Hanh tradition.

1. MPC follows the teachings and practices of Thich Nhat Hanh. His main website is plumvillage.org: <https://plumvillage.org/> . Our teacher, Thich Nhat Hanh or Thay as he is called, passed away on January 22nd, 2022. He lives on through his teachings, practices, books, Youtube videos, and through his monastics, and lay Dharma teachers, members of his Order of InterBeing, and sangha members, around the world.
2. A portion of our meditation session is devoted to sharing our experience and learnings (our own Dharma) with others in the 'circle' of practitioners for the session, the sangha. We follow these Dharma Sharing Guidelines in the Plum Village tradition:
<https://mindfulnesspracticecommunity.files.wordpress.com/2022/03/dharma-sharing-guidelines-in-the-plum-village-tradition.docx-2.pdf> .
3. Alternating the first of each month, we will recite the 5 Mindfulness Trainings or the 14 Mindfulness Trainings, both written by Thich Nhat Hanh. Here are the Trainings:
 - a. The 5 Mindfulness Trainings:
<https://mindfulnesspracticecommunity.files.wordpress.com/2022/10/the-five-mindfulness-trainings-2022.pdf>
 - b. The 14 Mindfulness Trainings:
<https://mindfulnesspracticecommunity.files.wordpress.com/2020/05/the-fourteen-mindfulness-trainings-by-thich-nhat-hanh-1.pdf>
4. This is the MPC website: <https://mindfulnesspracticecommunity.org/> .
5. Plum Village has developed the Plum Village app. It is an excellent app and can help to support you in your mindfulness and mindfulness meditation practice:
<https://plumvillage.app/> . Download it to your smartphone or tablet.
6. You can subscribe to the Raft, a bi-weekly newsletter, issued by the Thich Nhat Hanh Foundation: <https://thichnhathanhfoundation.org/the-raft> .

7. You can subscribe to the magazine, Mindfulness Bell, created to support practitioners in the Plum Village tradition: <https://www.mindfulnessbell.org/> .
8. Here are some of the books written by Thich Nhat Hanh recommended by our sangha members:
 - a. The Heart of the Buddha's Teachings:
<https://www.parallax.org/product/heart-of-the-buddhas-teaching-transforming-suffering-into-peace-joy-and-liberation/>
 - b. Understanding Our Mind:
<https://www.parallax.org/product/understanding-our-mind-50-verses-on-buddhist-psychology/>
 - c. Old Path, White Clouds:
<https://www.parallax.org/product/old-path-white-clouds-walking-in-the-footsteps-of-the-buddha/>
 - d. Savor: Mindful Eating, Mindful Life: <https://savorthebook.com/>
9. If you would like to purchase a book by Thich Nhat Hanh, this is the not for profit publishing company founded by Thich Nhat Hanh: <https://www.parallax.org/> .
10. Recommended videos:
 - a. Lilian Cheung: "Savor: Mindful Eating, Mindful Life" (3:06):
https://www.youtube.com/watch?v=Emd9q6_o6Z0
11. If you are looking for other online (virtual) sanghas in the Plum Village tradition, you can go to plumline.org .
12. If you wish to make a donation to the Thich Nhat Hanh Foundation, you can do so by going to the following website: <https://thichnhathanhfoundation.org/> .

Updated by: Ray Nakano

Updated on: October 15, 2022