

## About the Broward Lotus Sangha

Inspired by the teachings of Thich Nhat Hanh, our community of lay practitioners meets every 1st and 3<sup>rd</sup> Sunday of the month from 6:30 until 8:30 P.M. to support its members' meditation and spiritual practice.

We welcome you to our Sangha with an invitation to share in the Dharma and, as a community, open our awareness to the beauty of the present moment.

People begin arriving at 6:15, so they can find a comfortable place to sit and relax before the bell is invited and silent meditation begins. If you are just beginning your meditation practice or are interested in learning more about basic meditation techniques, please arrive at 6:00 or stay after the meeting to ask for guidance from one of our core Sangha members. You may also set up an appointment for an introduction to meditation, learn more about the **Broward Lotus Sangha**, or sign up to be included in our e-mail list by calling (954) 665-4325 or visiting: [www.BrowardLotusSangha.org](http://www.BrowardLotusSangha.org).

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### Glossary of Pamphlet Terms:

Dharma: Truth, Wisdom, True Teachings. The path of understanding and love

Gatha: A short poem or verse that we can recite as a mantra during our daily activities to help us dwell in mindfulness

Mindfulness Trainings or *Precepts*: Guidelines offered by the *Buddha* (Awakened One) to help us live in mindfulness

Noble Silence: A profound silence in which all movement of body and mind is engaged in mindfulness of the present moment

Sangha: Community that endeavors to practice the Way of Understanding and Love and live in harmony and awareness

# Welcome to the Broward Lotus Sangha



A Community of Mindfulness  
Practicing In the Tradition of  
Zen Master Thich Nhat Hanh

Encouraging stability and awareness  
in our daily practice

Practice Program Pamphlet

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## **Sangha Gathering**

As the day begins to wind down, this is a wonderful opportunity to follow your breathing and move into a place of stillness and be present with all that is.

### **Opening Gatha and Invitation of the Bell**

The Sangha Moderator recites or chants: *“With body upright and stable, we are seated at the foot of the Bodhi tree. Body, speech and mind are one in stillness. There is no more thought of right and wrong. Our mind and body dwell in perfect mindfulness. We rediscover our original nature, leaving the shore of illusion behind. Noble Sangha, diligently bring your mind into meditation.”* All Sangha members are invited to join in the call and answer chant: *“Namo Shakyamunaye Buddhaya”* three times. As you hear each of the bells that follow, you are invited to take 3 in- and out-breaths and recite to yourself: *“Listen, listen, this wonderful sound brings me back to my true home/True Self”*.

### **Silent Meditation (30 Minutes followed by the bell)**

### **Walking Meditation (15-20 Minutes followed by the bell)**

### **Welcome and Introduction of Dharma Teaching (20-30 Minutes)**

The Sangha Moderator introduces the evening’s speaker, audio or video recording, or reading.

The conclusion of the Dharma talk is marked by an invitation of the bell.

### **Dharma Discussion (20-30 Minutes)**

After a few moments of silence, the Sangha Moderator or the member who selected the evening’s Dharma portion speaks, inviting Sangha members to introduce themselves and share, mindfully, what arises for them in relation to the evening’s Dharma Teaching, and/or issue of practice. In our tradition, it is customary for someone wishing to speak to

bow to the Sangha and for the Sangha to bow in return before and after they finish speaking. During this time, we endeavor to speak truly from the heart, listening deeply and refraining from intellectual discussion, advice giving and cross talk.

### **Announcements, Dana, Closing Songs, Closing Gatha and Invitation of the Bell (10-15 Minutes)**

Towards the end of our gathering, the Sangha Moderator makes any necessary announcements and introduces the song(s) for the evening (if any) that together, as a Sangha, we then sing. In the tradition of Zen Master Thich Nhat Hanh, singing is used as a way to build community, teach mindfulness through the use of melodic gathas, and bring joy to each other and to the world.

If there are no songs, the bell sounds after a few moments of silence to signal the end of our gathering. A Sangha member recites: *“The day has now ended. Our lives are shorter. Let us look carefully. What have we done? Noble Sangha, with all our heart, let us be diligent, engaging in the practice. Let us live deeply, free from our afflictions, aware of impermanence so that life does not drift away without meaning.”* (Three bells)

The bell master will then invite the small bell so everyone can mindfully rise and face the altar. Then, to each of three consecutive soundings of the bell, Sangha members bow to the *Buddha* (our True Nature or capacity within to be Awake or Enlightened), to the *Dharma* (The Way of Understanding & Love), and to the *Sangha* (each other).

Then, Sangha members mindfully pick up their sitting arrangements, blow out candles and leave meditation area in Noble Silence.

**Tea and Treats** After our formal practice period ends, all Sangha members who wish to do so are invited to mindfully share some tea, ask questions, and get to know each other a little better.