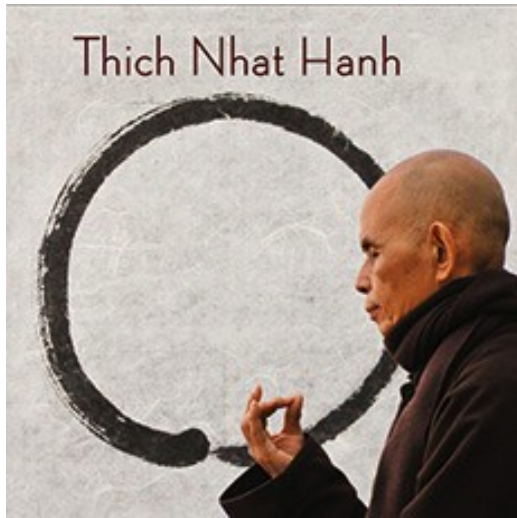


Welcome to Rock Blossom Sangha!



We are a community of mindfulness practitioners in the Plum Village tradition of Thich Nhat Hanh. Our sangha (community) aspires to provide a refuge of peace and healing, and welcomes people from all backgrounds and experience levels. We are deeply connected with Thich Nhat Hanh's worldwide community. May your time with us be nourishing.

Welcoming Diversity

All who have an affinity with our practice are invited and encouraged to practice with us. Rock Blossom Sangha recognizes that in our society many people experience prejudice and feelings of exclusion. Following the teachings of Thich Nhat Hanh, we practice with a strong intention of inclusiveness, welcoming people with any sexual orientation, gender identity, or physical disability,* and of any race, color, ethnicity, age, religion, class, or other identification.

*Regrettably, our present space has limited accessibility due to two sets of stairs. However, we are happy to offer assistance to anyone needing it.

Details of Our Basic Practices

(Quotations by Thich Nhat Hanh)

Mindfulness

"Mindfulness means to be truly there, body and mind together in the present moment. When we are able to come back to ourselves, to our emotions, and to those around us we can recognize our habitual behavior, discover new options and make better choices. We can truly get in touch with ourselves, other people and with life, thus greatly benefitting our relationships.

Compassion arises quite naturally, as does a sense of inner peace, joy and vitality."

Sitting Meditation

"Sit or lie down in a way that allows your body to rest. Sitting, your head and spine form a straight line. Relax all your muscles. Find a way of sitting that allows you to sit for 20 minutes without becoming too stiff or tired. As soon as you sit down, pay attention to your breath. Then notice your posture, a little bit everywhere. Relax the muscles in your face. If you are angry or worried, those muscles will be tense. Smile lightly, and you will relax hundreds of muscles in your face. Then notice your shoulders, and let go of the tension there. Don't try too hard. Just breathe mindfully, and scan your whole body."

Walking Meditation

"Walk slowly, in a relaxed way, with your head upright and a light smile on your lips. Simply keep in touch with both your breathing and your steps. When you practice indoors, take one step as you breathe in and another as you breathe out. Outdoors you can walk more quickly, allowing your lungs as much time and air as they need, and simply noticing how many steps as your lungs fill up, and how many as they empty."

Dharma Sharing

Dharma sharing is an opportunity to benefit from each other's insights and experience of the practice. It is a special time for us to practice deep listening and to share our experiences, our joys, our difficulties and our questions related to the practice of mindfulness. By practicing deep listening while others are speaking, we help create a calm and receptive environment. Please base your sharing on your own experiences rather than on abstract ideas and theoretical topics. Also note that whatever is shared during Dharma discussion is confidential. You may wish to comment on someone's share after the meeting has ended, but please ask their permission.

Sangha Guidelines

*Meditation is meant to be enjoyable: if pain arises during meditation, feel free to adjust your position slowly, mindfully and quietly, so as not to disturb others. We refrain from getting up or walking around during sitting meditation.

*If you arrive after the meditation period has begun, the door to the main hall will be closed. Please wait outside in the kitchen area until the meditation period has ended.

*Everyone is encouraged to remain for the whole evening. If it is necessary to leave, please do so during a transition period. It is especially important not to leave after dharma sharing has begun.

*If we would like to pursue a relationship with a sangha member outside of sangha, we will first ask permission of the other person, and be very attentive to that person's response or non-response. We understand that to build community, it is important to respect everyone's boundaries and personal choices.

Questions and Concerns

For general questions about meditation or teachings, feel free to speak to the evening's facilitator. For any private concerns, you may get in touch with a member of our Care Taking Council in person or through email. We will address the matter confidentially.

Care Taking Council

Individual council members:

Dennis Bohn
Reet Lawhon
June Traibman

Jenny Hamp
Michelle Morrison
Jay Silverman

“Listen, Listen! This wonderful sound brings me back to my true home.”



**“Body, speech, and mind in perfect oneness,
I send my heart along with the sound of the bell.
May the hearers awaken from forgetfulness
And transcend all anxiety and sorrow**