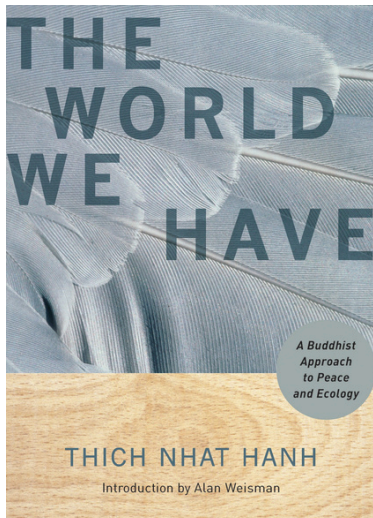


Discussion Questions: *The World We Have* by Thích Nhất Hạnh



Part 1: A Collective Awakening: The Bells of Mindfulness, A Global Ethic, Diet for a Mindful Planet, Nature and Nonviolence, Overcoming Fear

1. A book about Buddhism, *The World We Have* details many aspects of our world that remain true today. At the same time, Thích Nhất Hạnh taught that the teachings of Buddhism need to be updated to stay relevant to society. Looking from today's perspective at a book written 20 years ago, what is an update that you would make to the content to make it more fully reflect the times we live in and the ways that society has changed in the past two decades?

2. What part of this section stood out to you? Did it resonate or challenge you?

3. Do you practice with the Five Mindfulness Trainings? If so, how do they support you in your daily life and in your relationships with others?

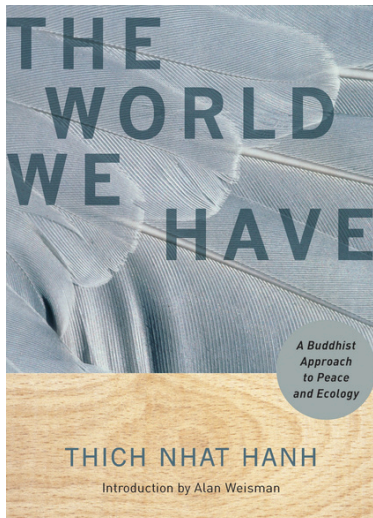
4. How was your experience reading about the Sutra on the Son's Flesh? (p. 17-18) Does this analogy resonate with you when you think of future generations?

5. What is your relationship to consuming animal products? Do you share values on this topic with friends, family, and community?



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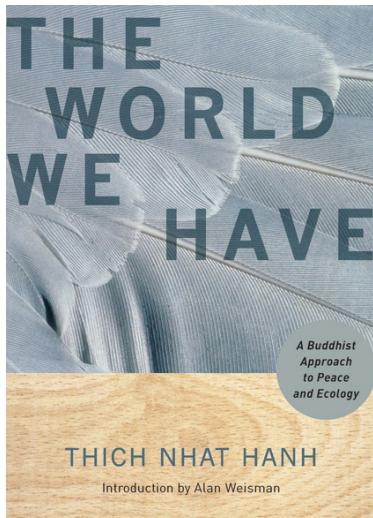
Part 2: Our Message is Our Action: A Beautiful Continuation, Caring for the Environmentalist, The City with Only One Tree, Transforming Our Communities, The Eyes of the Elephant Queen

1. How would you like to be continued into the future? Do you see ways that you are already being continued, even as you are still alive and changing?
2. Reflect on your thoughts, speech, and actions related to protecting the Earth and future generations. How often is anger fueling you? How often is compassion?
3. Thinking of *The City with Only One Tree*, how accessible are natural spaces in your community? Is it more difficult for certain groups of people to access the healing remedy of time spent with trees and fresh, non-industrial spaces? If the area you live in makes nature accessible, how so? And if not, how could it?
4. Do you have a community that you practice mindful consumption with? If so, how did you find or build that community? If not, what actions can you take to find support from others committed to mindfulness?
5. What is one concept or teaching in this section that stood out to you?



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Part 3: Practices for Mindful Living: Earth Gathas, Breathing Exercise, Deep Relaxation, Touching the Earth, Earth Peace Treaty

1. Choose an activity that you do daily and reflect on one deeper truth about this activity, with regard to the Earth. Using simple language that is easy to remember, write 2-4 lines that you can say to yourself before, during, or after the activity, to help you stay focused and present.
2. Practice the breathing exercise, *The Five Awarenesses*, or *The Five Remembrances*. How does this feel in your body as you connect your breathing to these statements?
3. Take 12 Minutes to find a comfortable, relaxing posture and listen to this video of [Deep Relaxation](#) led by Sister Chân Không. More practices are also on the Plum Village App, which is free to download. Try practicing Deep Relaxation each day for one week and reflect on anything you notice during and after that time.
4. Practice *The Five Earth Touchings*, or read through them mindfully. What do you feel in your body as you read or hear these contemplations? What emotions or thoughts arise when you extend gratitude and compassion in this way?
5. Review the *Earth Peace Treaty* and select 1-3 steps you'd like to commit to. Can you commit to this action with the aspiration that it will lead to positive change, and also accept the possibility that it may not result in the outcome you hope for?



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