



Florida Community of Mindfulness

Meditation Before a Sangha Meeting

Plum Village Chanting Book

Dear Buddha and Teachers over Many Generations,

We vow to go through this meeting in a spirit of togetherness as we review all ideas and consolidate them to a harmonious understanding (consensus). We vow to use the methods of loving speech and deep listening in order to bring about the success of this meeting, as an offering to the Three Jewels. We vow not to hesitate to share our ideas and insights but also vow not to say anything when the feeling of irritation is present in us. We are resolutely determined not to allow tension to build up in this meeting. If anyone of us senses the start of tension, we will stop immediately and practice Beginning Anew right away, so as to re-establish the atmosphere of togetherness and harmony in the Sangha.