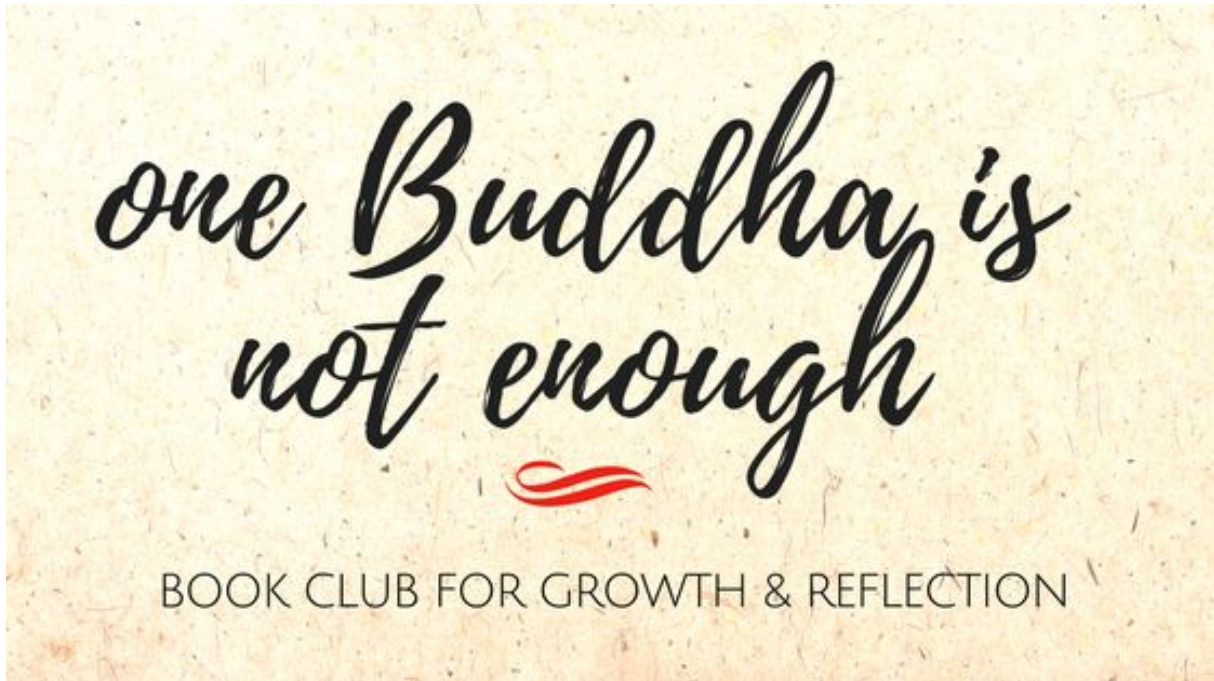


Chapters 1 through 3

Contributed by monastic Dharma Teacher, Brother Phap Hai



INTRODUCTION

How do we learn to believe in ourselves and not just rely on our spiritual teachers? This question was answered in August of 2009 when over a thousand people came to Colorado to spend a week with Zen Master Thich Nhat Hanh only to find he was in the hospital and wouldn't be able to lead the retreat. The result of this event is *One Buddha Is Not Enough*, a book on how to become your own teacher and create your own community where you might least expect it.

One Buddha Is Not Enough, the second book we will be studying during June and July, offers fresh and original insight from emerging Buddhist teachers on topics such as how to handle grief, strengthen our relationships, deal with anger, and find happiness in the present moment.

ABOUT THE CONTRIBUTOR



Brother Phap Hai (Dharma Ocean), is a senior monastic Dharma teacher living at Deer Park Monastery and board member of the Thich Nhat Hanh Foundation. He was ordained as a monk in 1997 and was formally authorized to teach in January 2003. He has also written a book called "Nothing To It: Ten Ways to Be at Home with Yourself", published by Parallax Press.

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CHAPTER 1: THIS IS IT

- "U.S. News and World Report once reported that Americans spend an average of six months of their lives waiting - waiting at the stop light, waiting in the checkout line, waiting here, waiting there. My question is, 'Waiting for what?' Six months is a long time. Some of those moments are quite challenging. What are we doing during those moments? These are all potential moments of practice. We can't always choose our circumstances, but we can choose how to respond."
- "When we're able to practice mindful breathing, our mind becomes so clear and so calm that we can see very deeply into the roots of our being, into who we really are. It is the seeing that frees us."
- "Thay likes to give the example of the seal and wax...you melt the wax on to the paper and then press the seal into the hot wax, making an imprint and sealing the envelope. When we practice walking meditation, we imprint our presence on the earth. We arrive with every step we make. If we're really there for each step, there's a good chance we will truly be there when we get to our destination."

Brother Phap Hai's Audio Reflection (10 min MP3): [Click here to download](#)

Discussion and Reflection Questions:

1. Considering your own meditation practice, which practice do you enjoy and find nourishes you the most? What about it do you enjoy?
2. What meditation practice, or what aspect of the practice do you find most challenging? Why do you think that is?
3. Is there an area of your life that you could swing your legs more in?

CHAPTER 2: A CLOUD NEVER DIES

- "After the rain, there will be sunshine."
- "A nun went into a bookstore and bought a book for \$7. She gave the salesman \$10, and when he didn't give her any change, she asked, 'Where is my change?' The salesman replied, 'Oh, I thought change is from within.' We tend to laugh at this, but in our daily life, things like this happen a lot. We expect a lot of changes to come from outside, but the change actually comes from within...we can't just expect and wait."
- "This is what is"

Brother Phap Hai's Audio Reflection (10 min mp3): [Click here to download](#)

Discussion and Reflection Questions

1. What does it mean to you to take refuge in the sangha?
2. Is there an area of your life where the insight of "this is what is" could be helpful?
3. Is there an area of your practice life that you find yourself challenged to grow into?

CHAPTER 3: NO MUD, NO LOTUS

- "We suffer because we hold onto something, like clenching our fist."
- "The way to break free from our habits and our conditioning is the two-fold training of shamatha, stopping, and vipashyana, looking deeply. We can carry this two-fold training with us throughout our life...We can stop and allow our mind and heart to rest and relax."
- "Sometimes when we suffer, we blame ourselves. We carry a heavy load of sadness and suffering, and we think the baggage is ours and that we have to carry it by ourselves. We think it's our own fault. But all the weight that we feel in our shoulders and our hearts is not our fault or anybody's fault. It's something that's been passed on, just as the wisdom and the love that we carry has been passed on."

Brother Phap Hai's Audio Reflection (15 min mp3): [Click here to download](#)

Discussion and Reflection Questions

1. Is there a teaching or a practice that struck your heart when you first encountered it?
2. How does it continue to nourish and support you?
3. Have you found that the way that you relate to it has changed and evolved over time?

ADDITIONAL RESOURCES

Thich Nhat Hanh Foundation: www.thichnhatanhfoundation.org

Parallax Press: www.parallax.org

Mindfulness Bell Magazine: www.mindfulnessbell.org

Wake Up International (Young adult sangha): www.wkup.org

Plumline Sangha (Online sangha): <http://plumline.org>

Wake Up Schools (Mindfulness in education): www.wakeupschools.org

USA Mindfulness Practice Centers

Blue Cliff Monastery: www.bluecliffmonastery.org

Deer Park Monastery: www.deerparkmonastery.org

Magnolia Grove Monastery: www.magnoliagrovesmonastery.org

International Mindfulness Practice Centers

Plum Village Monastery: www.plumvillage.org

European Institute of Applied Buddhism: www.eiab.eu/

Thai Plum Village Monastery: www.thaiplumvillage.org

Asian Institute of Applied Buddhism: <http://pvfhk.org/index.php/en/>

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www.thichnhatanhfoundation.org