

## Week 7

### Dharma talk on Right Speech and Right Action

#### Reading assignments:

The Heart of the Buddha's Teaching Ch. 12, 13, 16

What the Buddha Taught, Ch. 7

#### Topics for discussion:

1. Right speech, as exemplified by the 4<sup>th</sup> Mindfulness Training, is the heart of Dharma discussion. We listen, without judging or thinking about our response. We let other's words and our thoughts settle inside of us before speaking. Please discuss how to carry the essence of Dharma discussion to your workplace and into your family.
2. Based on the 5 Mindfulness Trainings, discuss ways to live a more simple life, protect the environment, and help other people. Please do not indulge in moralism, self-righteousness or judgment (of yourself or others), but use the discussion time to explore actions that can truly come alive in your life.

#### Practice commitments:

1. Please read the newest version of the 5 Mindfulness Trainings, as well as original version. Do not say to yourself "Yes" or "No", but let them rest inside of you. Be like a still pool reflecting the sky, and the trees growing around it. The new version is available in the latest Mindfulness Bell, or on-line at the [www.plumvillage.org](http://www.plumvillage.org)
2. Continue with your practice of waking to your intention, daily sitting meditation, and stopping to touch the moment at least 5 times a day, and embracing what you find.

#### Journal:

1. Write about the 5 Mindfulness Trainings...how they currently live in your life as positive guides for speech and action. Reflect upon the new version as well as the original version. Let any response you have come from a deep and still place of intuition, rather than from a judging mind. Let this be an exercise in investigation.