



## Mindfulness Teachers Training Program 2014/2015

Plum Village Mindfulness Academy, The Plum Village Hong Kong Foundation, will offer a one-year Mindfulness Teachers’ Training Program. The contents of the training program are from the mindfulness teachings and practices in the tradition of Thich Nhat Hanh and Plum Village. After completion of the training program, participants will be able to apply mindfulness into daily life, to cultivate peace and happiness and to transform pain and suffering, and to follow guidelines for healthy and compassionate living, for themselves and for societies. They will be able to apply the mindfulness teachings and practices into their professions and be able to facilitate mindfulness activities for those in need. Participants will be given “Certificate of Attendance” after completion of the program.

### Course format:

<b>Duration (time period)*</b>	<b><i>One Year, August 2014 – July 2015</i></b>  Course format: (30 days of contact teachings and practices) <u>Retreats</u> (1) 5-day retreat (Aug. 13 - 17, 2014) (2) 3-day retreats (Jan 16 – 18 & March 13- 15, 2015)  <u>DOMs on:</u> ● Sept. 6, 20; Oct. 4, 18; Nov. 8, 22, 2014 ● Jan 31; Feb. 14, 28 (after 1 <sup>st</sup> 3-day retreat) ● April 4, 18 (after 2 <sup>nd</sup> 3-day retreat) ● 8 DOMs in May – July, 2015 for practicum
<b>Workload required participants</b>	Daily mindfulness practices (2 hours/day) for 200 days Reading and writing assignments
<b>Number of participants</b>	30
<b>Fees</b>	HKD 20,000.00 (including accommodations, food and tuitions for retreats & DOMs)
<b>Course Instructors:</b>	<b>Dharma teachers of Plum Village Mindfulness Academy</b> <b>Principal instructor:</b> Bhikkhu Thich Chan Phap Kham.  <b>Assistant Instructors:</b> Bhikkhu Thich Chan Phap Chung Bhikkhu Thich Chan Phap Giao Bhikhuni Thich Nu Chan Hanh Nghiem Bhikhuni Thich Nu Chan Than Nghiem Bhikhuni Thich Nu Chan Mai Nghiem Bhikhuni Thich Nu Chan Tham Nghiem

**Title of Course: Mindfulness Born Peace and Happiness: A Joyful Way of Well-Being**

**Description of the course:**

Students will study and practice mindfulness under the guidance of Buddhist monastics in the tradition of Thich Nhat Hanh and Plum Village. Mindfulness was discovered by Shakyamuni Buddha, a wise and compassionate teacher, in India about 2600 years ago. Practicing mindfulness can bring us peace and happiness, help transform our pain and suffering, and guide us in living our lives which can bring well-being to ourselves and society.

The teachings and practices are based on the Discourse on Full Awareness of Breathing, the Discourse on the Four Establishments of Mindfulness, and the Manifestation-Only Psychology as taught and practiced in the Buddhist tradition for thousands of years. These teachings and practices have been updated, made relevant, and integrated into daily activities by Zen Master Thich Nhat Hanh and the Plum Village Monastics for the past 40 years. Zen Master Thich Nhat Hanh, widely considered as the father of modern mindfulness, helped start the interest of mindfulness in the West with the publication of “The Miracles of Mindfulness” in 1975.

The teachings and practices cover three themes: Cultivating Peace and Happiness, Transforming Pain and Suffering, and Guidelines for living and creating a healthy and compassionate life style for ourselves and for society. The three themes cover three essential elements of meditation: mindfulness, concentration and insight.

We will learn how to bring our mind back to our body with mindful breaths which helps us to be present in the here and now, to calm our body and mind, to stop our discriminated thinking, and to cultivate peace and happiness. The stopping and slowing down of thoughts, speech and bodily actions leads to the tranquility of the mind. Mindful breathing is integrated into daily activities such as walking, eating, exercising, taking a shower, cooking, driving, working, etc...so that mindfulness can be practiced every moment and everywhere.

With our mind in tranquility and concentration, we will practice listening and looking deeply into our feelings, perceptions, mental formations and consciousness, in order to see the causes of our pain and suffering and to transform them into peace and joy (develop insight). We will learn how the mind works through the teachings of Manifestation-Only Psychology of the Yogacara Buddhist School, which considers all physical and mental phenomena as manifestations of the store consciousness (unconscious, sub-conscious or subliminal conscious in Western Psychology). We will see how Manifestation Psychology serves as a holistic foundation for understanding the connection between body and mind, and how our consciousness affect our learning and behavior, thinking, memory and the quest for meaning of life. We will see that there are seeds of sickness and wellness within us, and whether we will be well or sick depends not only on the seeds but also on the environment (i.e. our life style and the collective health of society).

Having learned how to cultivating peace and happiness, transforming pain and suffering for ourselves, we will look into the 5 essential mindfulness trainings (global ethics), which help establish a healthy and compassionate living environment for ourselves and for society. We will learn how to build a practicing community to help us going on the path of peace and happiness.

Even though the teachings and practices are based on Buddhist tradition, they will be presented and implemented in a non-sectarian way. The course is held in a retreat environment to strengthen practices of mindfulness in daily life.

**Training outcomes (By the end of this training, participants will be able to.....)**

About 2600 years ago, the Buddha discovered Mindfulness as a method to calm body and mind, and to develop concentration and insight as the way to overcome greed, hatred and delusions, which are the main causes of pain and suffering. The Buddha's teachings and practices of mindfulness were recorded in the Anapanasati Sutta (Full Awareness of Breathing) and Satipathana Sutta (Four Establishments of Mindfulness). The Manifestation-Only Psychology was based on teachings of the mind by the Buddha, further developed by generations of Buddhist monks, systematized by Vasubandhu, an Indian Buddhist monk and philosopher in the 4<sup>th</sup> century C.E. Works on the Manifestation-Only Psychology were further developed by Xuan Zang, Fa Zang in the 7<sup>th</sup> and 8<sup>th</sup> century. In the late 20<sup>th</sup> and early 21<sup>st</sup> century, Zen Master Thich Nhat Hanh has updated the teachings, made them accessible and relevant to the modern society. The Five Mindfulness Trainings (5 precepts) are guidelines for living a happy life, also taught by the Buddha in his time.

The materials presented in this training program represent authentic teachings of the Buddha in the field of mindfulness, enriched and updated by Zen Master Thich Nhat Hanh for modern time. By the end of this training, participants should be able to:

- Identify essential element of mindfulness practices: mindful breaths and mindful steps.
- Carry out daily mindfulness practices to help nourish body and mind, and to help transform pain and suffering into peace and happiness.
- Understand how the mind works from the Manifestation-Only perspective, and how to use them to free our mind from discriminative and judgmental thinking.
- Reflect on the interdependent nature of individual and collective well-being.
- Participate in local mindfulness community (Sangha).
- Apply mindfulness teachings and practices into their professions.
- Hold session of mindfulness practices for others.

<b>Minimum number of students</b>	10
<b>Maximum number of students</b>	30
<b>Name of organization (if applicable)</b>	Plum Village Mindfulness Academy, Hong Kong
<b>Name of coordinator/contact person</b>	Bhikkhu Thich Chan Phap Kham
<b>Email address</b>	phapkham@plumvillage.org
<b>Telephone number</b>	2985-5281
<b>Application enquiry</b>	Ms Venus Wong email: venuspyw@gmail.com

MBPH - Training of Mindfulness Teachers		Year	2014/2015	August 2014 - May 2015	Total Hours
Course	Date	Time	# of Days	# of Hours/Day	
<b><u>Theme 1: Cultivating Peace &amp; Happiness</u></b>					
	Aug. 13 - 17, 2014	16:00 Aug. 13 - 14:00 Aug. 17	5	12	60
5-Day Retreat					
DOMs	Sept. 6, 20	9:30 - 16:30	2	7	14
DOMs	Oct. 4, 18	9:30 - 16:30	2	7	14
DOMs	Nov. 8, 22	9:30 - 16:30	2	7	14
<b><u>Theme 2: Transformation &amp; Healing</u></b>					
	Jan 16 - 18, 2015	16:00 Jan 16 - 14:00 Jan 18:00	3	12	36
3-Day Retreat					
DOMs	Jan-31	9:30 - 16:30	1	7	7
DOMs	Feb. 14, 28	9:30 - 16:30	2	7	14
<b><u>Theme 3: 5 Mindfulness Trainings: Global Ethics for a Healthy &amp; Compassionate Society</u></b>					
	March 13 - 15, 2015	16:00 Mar 13 - 14:00 Mar. 15	3	12	36
3-Day Retreat					
DOMs	April 4, 18	9:30am - 16:30	2	7	14
<b><u>Theme 4: Practicum</u></b>					
Help conducting activities at retreats, DOMs*	May - July 2015	9:30am - 4:30pm	8	7	56
<b>Total # of days of teachings</b>			<b>30</b>		<b>265</b>
<b>Retreats/DOMs</b>	Participants will practice leading mindfulness activities in retreats and Days of Mindfulness conducted by PVMA in Hong Kong, from May – July, 2015. DOMs at AIAB, HKU, CUHK, HKIEd (May – July)				
<b><u>Personal Practice</u></b>					
<b>Daily practices at home (2 hours/day) including walking/eating/total relaxation/sitting/exercise .... Meditation</b>			<b>200</b>	<b>2</b>	<b>400</b>

**Mindfulness Born Peace and Happiness:  
A Joyful Way of Well-Being**

**Mindfulness Teachers Training Program 2014/2015  
Application Form**

Mindfulness has been proven effective in building up concentration and alertness; reducing stress, anxiety, fear, and burn-out. It has been used to improve productivities in business, and as mind-body medicine in health care. However, mindfulness is more than those benefits. Right mindfulness can liberate us from craving, hatred and delusions. It is a practice to cultivate peace and happiness; and to transform pain and suffering. There is the need to practice and teach mindfulness in an authentic way, as originally practiced and taught by the Buddha – a wise and compassionate teacher - about 2600 years ago, and is being practiced in the Plum Village tradition. The training program conducted by Plum Village Mindfulness Academy (PVMA) hopes to address that need. The instructors are Buddhist monastics, whose daily activities integrate mindfulness practices into everything they do.

This is the first training program carried out by PVMA, and we would like to invite those who have the need to bring mindfulness into their professions, such as education, healthcare and social services professionals to participate in this program. The following are required during and after the time you participate with the program:

1. Practice mindfulness daily. Mindfulness is mainly a practice, not as a subject of studies or research. We think that it is impossible to get a taste of mindfulness and to teach mindfulness without being a mindfulness practitioner.
  2. Participate with a practicing group (Sangha). We need friends on the path to support and deepen our practice.
- Spaces are limited. Applicants will have a group interview with the program staff before being admitted to the training program.
  - Successfully application will be notified through email in June 2014.

Please fill in the form and send it back via email to **venuspyw@gmail.com** on or before **May 25, 2014**.

Name		Age:	Gender
Address:			
Profession:			
Organization:			
Professional education and qualification:			
Have you taken the 5MT? Yes ___ No: ____; If yes, year and dharma name			
Have you taken the 14MT? Yes ___ No: ____; If yes, year and dharma name			
Phone:		E-mail:	
Please write you experience in mindfulness practices			
Please write your aspirations in taking this training program:			
Please write about your specific works (either professional or volunteer works) that you are (or plan) to use the training for.			