

# ZEN AND THE ART OF SAVING THE PLANET

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## Introduction to Course Content

Each week's theme will be covered in three sessions, combining talks, guided practices and questions for reflection. Five LIVE sessions with the monastics (shown in RED) offer a valuable opportunity to connect directly with our monastic teachers and with the wider community of participants joining the same cohort. You are also encouraged to join four live group sharing sessions (shown in BLUE). The collective support of your sharing group is essential to developing self-awareness and training in the practice of deep listening and compassionate speech. They are an integral part of the course and (we think!) the most rewarding and transformative. You can choose to join a group that meets either on Fridays or Saturdays, at a time that works for you in your timezone.

## Course Outline (Including Key Dates)

### **LIVE** Opening Event

Sunday 20th October at 7:30-8:30pm Central European Summer Time (CEST)

### **WEEK 1: Embracing the Pain**

From Sunday 20th October

- 1.1 Embodied Climate Action
- 1.2 Spiritual Strength
- 1.3 You Are the Earth

*An embodied and fearless response to the climate crisis requires us to learn how to not be afraid of the pain we all feel in the face of injustice and destruction. This week we explore Thich Nhat Hanh's approach to present-centered healing, and discover how a spiritual dimension can be a foundation for insight, courage, and profound connection to the Earth.*

### **LIVE** LIVE SHARING GROUPS

Friday 25th and Saturday 26th October

## **WEEK 2: Cutting Through Illusion**

From Sunday 27th October

- 2.1 Artist, Warrior, Meditator
- 2.2 A New Way of Seeing
- 2.3 Breaking Free

*Diving deep into Zen wisdom and practices, this week examines how a human-centric way of seeing the world sustains an extractive and destructive way of living. We are invited to break free to a new way of seeing and acting.*

### **LIVE** Question & Answer Event with Monastics

Sunday 3rd November at 7:30-8:30pm Central European Time (CET - please note end of Summer Time)

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## **WEEK 3: Live with Courage**

From Sunday 3rd November

- 3.1 Reimagine
- 3.2 Resist
- 3.3 Remember

*This week's bold contemplation on impermanence allows us to dare to reimagine our collective future. We explore how meditation is not an escape, but a fearless practice of courage to face the truth and cherish life's wonder and fragility.*

### **LIVE** LIVE SHARING GROUPS

Friday 8th and Saturday 9th November

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## **WEEK 4: Learning to Rest**

From Sunday 10th November

*A chance to rest & restore, and to reflect on course learnings up until this point.*

### **LIVE** Deep Relaxation

Sunday 17th November at 7:30-8:30pm Central European Time (CET)

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## **WEEK 5: Brave dialogue**

From Sunday 17th November

- 4.1 Reach Across the Divide
- 4.2 Listen to Yourself
- 4.3 Reconcile

*There is no way out of the climate crisis without collaboration and communication. This week we will train in the skills of listening and reconciliation, as a foundation to build alliances and find new ways forward together.*

### **LIVE** Interactive Workshop with Monastics

Sunday 24th November at 4:30pm or 7:30pm Central European Time (CET)

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## **WEEK 6: Mastering the Mind & Habits**

From Sunday 24th November

- 5.1 Understanding your mind
- 5.2 Taming the Tiger
- 5.3 Don't Forget to be Kind

*Exploring a Zen approach to habit change, we discover the power of intention, and how identifying our deepest aspiration and our self-compassion can be a deep source of energy and strength in our most difficult moments.*

### **LIVE** LIVE SHARING GROUPS

Friday 29th and Saturday 30th November

## WEEK 7: Action Dimension

From Sunday 1st December

- 6.1 We Are Here
- 6.2 Find Your Power
- 6.3 Be A Bodhisattva

*Reviewing our journey so far, we discover a new way of understanding our actions. This week we explore accessing our true power and agency, and wonder of amplifying that power by building communities of like-minded friends.*

### **LIVE** Closing Session with Monastics

Sunday 8th December at 7:30-8:30pm Central European Time (CET)

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### **LIVE** LIVE SHARING GROUPS

Friday 13th and Saturday 14th December

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## Course teachers

All of the monastic teachers in this course have been trained directly by Thich Nhat Hanh and live in monasteries of the Plum Village Tradition around the world. The non-monastic teachers have also all been studying the teachings of Thich Nhat Hanh for over 20 years and have been appointed teachers in their own right. We have a range of nearly 20 teachers guiding this course, and you will find out more about them as you travel through the course material.



## Getting prepared + staying in touch

You will soon have access to a wide range of content on the course platform to help support you to get prepared for the course. For now, you may like to read a copy of the book, *Zen and the Art of Saving the Planet*. If you don't yet have one, you can get a copy via the Plum Village shop, Parallax Press or Bookshop.org.

**If you have any questions now or throughout the course please feel free to get in touch via [zasp@plumvillage.org](mailto:zasp@plumvillage.org).**

**We look forward to connecting with you more throughout this learning journey together!**