

Consciousness Arises In Developmental Communities

Consciousness is not something you can sustain alone. We do the work best when in a developmental community. The community is not for knowledge gathering but for *Being* crystallization in a conscious field- ability to regenerate for deeper, more frequent, and longer periods. With practice developing ourselves we can focus our body, state of being and our mind on The Work. Then peace, development, and presence become possible.

Thich Nhat Hanh's – The next Buddha is the Sangha

"The Buddha body is in us. Using the energy of consciousness, we can touch the body of the upper soul within which we are nested and holds us at any time. And I know the field body is with me and around me. The trees, the grass, the blue sky, the flowers are all elements of my sangha. And you are my sangha body. You take care of me."

In Vietnam, we used to say, "When a tiger leaves his mountain and goes to the lowlands, he will be caught by humans and killed." When a practitioner leaves his or her sangha, at some time she will abandon her practice. We have to take refuge in our energy field, our community of practice. We cannot continue our practice very long without a recharged field. The art of field building is crucial to our practice.

Do not look for a perfect community field. Stick with the one you have and try, with your practice and your joy and peace, to improve its quality. This is very important in field building. Set aside negative thoughts and judgementalness

A developmental community is foundation because it is based on evolving our inner being and expressions of essence. This process is core to development of the field for living systems and of members of the community.

Our practice is supported by the people around us, and we learn how to support them in return. We support them by looking deeply so we can recognize the seeds of peace, joy and caring in them. We touch these seeds, we water these seeds every day in order to make other persons bloom like flowers. And when these persons bloom like flowers, we all become greater presences. We have to help each other in our practice. The practice of meditation is not an individual matter. We have to do it together.

We need Love to live. The Greek idea of *Karitas*— one of three kinds of Love! The love for which there is no opposite. It is the fuel of community. And in developmental community we learn that love is born from understanding. The willingness to love is not enough. If you do not understand, you cannot love. The capacity to understand other persons will bring about compassion and caring.

It is possible the next great teaching will not take the form of an individual. The next teacher may take the form of a community, a community practicing understanding and

loving kindness, a community practicing mindful living. And the practice can be carried out as a group, as a city, as a nation.

We know that we are all students of the School, no matter what tradition we find ourselves in. We can extend that spirit to other traditions and persons that are not called by the same Lineage. We can find the jewels in other traditions—an inspiration for our Lineage School, the Work and the community. Once you are capable of seeing the jewels, the shared threads, in other spiritual traditions, you will be working together for the goals of peace and kinship with all living beings.

We can include everyone in our practice and expression. At different levels of practice. Exoteric, Mesoteric, and Esoteric offerings. Use your talents, your creative ideas. Organize a day of mindfulness in such a way that children love it. Many children who have come to retreats in North America have had a joyful time. And parents become happier when they see the children happy. Organize a day of mindfulness in such a way that our friends are drawn to it and want to practice more and more. One day of mindfulness can bring about a lot of peace, friendship, understanding and love.

My friends, once again, you are my sangha body. I offer you all my support and wish you very strongly to take care of the developmental community body which is our haven, our developmental field. I find a sacred habitat in you, my sangha.

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