

New Year Prayer for Peace on Earth

Dear Beloved Thầy, Dear Beloved Ancestors, Dear Beloved Mother Earth,

We have gathered as a fourfold Sangha of the European Institute of Applied Buddhism in this solemn moment of the New Year 2022 to express our gratitude and aspiration as a spiritual family, and to begin anew. We know that you, our ancestors, are present in this very moment, and that you are always there for us to take refuge in. As we touch the earth tonight we feel deeply connected to all of you.

Beloved Thầy, many times in the past we have allowed uncertainty to water the seeds of insecurity and fear in our hearts. We have hesitated to take refuge in the path and we have doubted our family and community. We have not been wholehearted in our practice. We have let our strong emotions and wrong perceptions overwhelm us, giving rise to feelings of helplessness, separation and despair.

Aware of this, we want to begin anew and to remind ourselves of our commitment to practice wholeheartedly, to take refuge in our Beloved Community, and to be a continuation of Thầy and all our spiritual ancestors. We aspire to live more deeply by cultivating our mindful breathing and walking in our daily activities, which we know are your favorite practices. We also know that you love building Sangha, and we vow to continue your work of building brotherhood and sisterhood with all our heart, even though at times it may seem challenging. We aspire to listen deeply and to help one another, never forsaking anyone, even those who cause us to suffer.

Dear Beloved Ancestors, Dear Beloved Mother Earth,

Over the past two years, uncertainty, anxiety and loss arising from the COVID-19 Pandemic have raised levels of fear, anger and violence in our human family. Contemplating the possibility for such suffering and violence to continue, and to proliferate on an even larger scale, we commit anew to

cultivating peace in ourselves and in the world. Following the spirit of the Buddha's insight into the Noble Truth of suffering, we aspire to practice the following mindfulness training for peace on Earth.

A Mindfulness Training for Peace on Earth

Aware of the suffering caused by the potential for our human family to destroy itself and - through unmindful or reckless actions - extinguish all life on Earth, we are determined to nurture a culture of honoring the sacred web of life that sustains us. This we shall do by committing collectively to practicing mindfulness and leading lives of non-violence and peace, based on our insight into the interconnectedness, interdependency and interbeing of all forms of life on Earth.

We shall practice collectively (as well as individually) in ways that stop all acts and behaviors contributing to the destruction of our human family, other species from the animal and plant kingdoms, and our planet. These destructive actions include the development and production of arms such as nuclear and biochemical weapons, and advanced technologies for waging war in cyberspace and space. The destructive actions we seek to end also include the misuse of social media and other media to manipulate human minds and emotions in ways that generate confusion, mistrust, anger, hatred, and violence within our human family, and cruelty to other species from the animal and plant kingdoms.

We shall channel humanity's collective energy, material wealth and spiritual resources towards positive, wholesome actions that help people learn about, understand, and trust each other; that nourish our existence as one human family among many species, and that protect our sacred Mother Earth.

With openness and humility, we shall learn to embrace each other culturally, politically, socially, and equitably. We shall respect diversity of ethnicity, gender, age, and religious or other beliefs so we may build and nurture on Earth a human family that is at peace with itself, with all living beings and with the planet.

As we touch the Earth, we express our gratitude to you, our beloved teacher Thầy, to our ancestors, and to Mother Earth. We have found the path of practice and a spiritual family in which to take refuge. We have experienced joy, peace and transformation. We have tasted the freedom of letting go of our ideas and notions. We have felt the strength and warmth of brotherhood and sisterhood, and we know that *together*, we can face our challenges and realize our aspiration. We vow, in this solemn moment, to continue to build our family, our community and to open up the path for ourselves and our descendants.

Dear Thầy, Dear Ancestors, Dear Mother Earth, please accept our offerings of incense, flowers, fruit and tea, as a sign of our deep aspiration, respect, gratitude and love.