

Buddhist Action Group – 2nd June 2026

Zen and the Art of Saving the Planet - Meditation, talk, Q&A

Catherine, Anton & Caroline discussed their experiences about **Zen and the Art of Saving the Planet**- A Plum Village 7 week on-line learning journey to nurture insight, compassion, community, and mindful action in service of the Earth.



To get the most of the audio, I have included the times of the discussions and videos.

Caroline, Anton and Catherine's personal experiences can be found at 46'7".

Introduction

(1'10") 5 minute led meditation.

(7'25") an introductory video about the course, which can be found here (<https://www.youtube.com/watch?v=uJuCDGJtiFg>)

10'53" Anton's summary of the course: The course is not just concerned with climate change but, also, with **any** world problem and the insights apply to **anyone** trying for a better world. It is rooted in the Dharma, turning towards suffering and how to respond and engage. The focus is on Interbeing, we are

all interconnected. Our actions are meaningful and enduring. Finally it helps develop the capacity to act.

The course also recognises that Joy and beauty motivates us.

(15'3"). Short video on 'Joy is Essential'.

(17'45") 20 minute video on different types of 'Energy: Meditation, Warrior and Art!'

"The best way to take care of the future is to take care of the present moment" Thich Nhat Hanh

(41'18") Short video asking Thich Nhat Hanh the question 'Do you believe that the work that we are doing can save the world?'.

(46'7") *Personal Experiences about the course from Caroline, Anton and Catherine.*

(1hr 11'10") Walking meditation – Flow like a river

Question for reflection: (1hr 21') 'What holds you back from saying/doing what you want?