

Sangha Bell Practice (chart format)*

For our regular practice:	
Welcoming the community	Wake up bell Lingering bell
Sitting Meditation (for <u>both</u> sits)	<p><u>To open:</u> Wake up bell <i>Three</i> lingering bells (three breaths between each bell)</p> <p><u>To close:</u> Wake up bell <i>One</i> lingering bell</p>
Walking meditation	<p>When we walk in one circle Three invitations of the small bell:</p> <ul style="list-style-type: none"> • To rise and put away cushions • To bow • To begin walking <p>A fourth bell to signal the end. Participants keep walking to their place.</p> <p>A fifth bell to bow and sit down.</p> <p>When we walk in two circles Three invitations of the small bell:</p> <ul style="list-style-type: none"> • To rise and put away cushions • To bow • To begin walking <p>A fourth bell to signal the end of walking. Participants stop and turn to bow.</p> <p>A fifth bell to bow, then return to our places.</p>
Closing of the evening	Wake up bell Lingering bell Hold hands in circle

Further practices and recitations:	
Guided meditation	<p>Wake up bell (pause) Guiding verses Full sound, stopped after a few breaths</p> <p><i>Leader silently follows counted breaths. Then,</i></p> <p>Wake up bell (pause) Guiding verses Full sound, stopped after a few breaths</p> <p>To indicate end of the sit: Two lingering bells</p>
Mindfulness Recitations	<p>Wake up bell Invite the bell 3 times</p> <p>First training is recited "Waiting period" of several breaths Stopped bell Next training is recited "Waiting period" of several breaths Stopped bell Continue as above until all trainings are recited</p> <p>Two lingering bells indicate end of recitation</p>
Sutra Opening Verse and	<p>Wake up bell Three lingering bells before sutra opening verse A stopped bell at the end of the verse</p>
Sutra Closing Verse (Sharing the Merit)	<p>Three lingering bells after sutra closing verse</p>

* Use this if you wish when leading sangha. Consult the text version of Sangha Bell Practice for fuller explanations.