

Week 6

Dharma talk on Right Thinking

Reading assignments:

The Heart of the Buddha's Teaching Ch. 10

What the Buddha Taught, Ch. 6

Topics for discussion:

Please discuss the 4 practices that Thay introduces in relationship to right thinking:

1. "Are you sure?"
2. "What am I doing?"
3. "Hello, Habit Energy?"
4. Bodhicitta

Practice commitments:

1. While driving your car, practice awareness by turning off your radio, and cell phone. As you drive, rest in your awareness of your breath, and your surroundings. If irritation or impatience arises, come back to your breath and soften. Wage peace in your car.
2. The roots of right thinking are in the essential nature of interdependence. Letting go, loving-kindness and compassion are its manifestation. Continue with your practice of waking to your intention, daily sitting meditation, and stopping to touch the moment at least 5 times a day, and embracing what you find. Notice when you are able to touch letting go, loving-kindness and compassion during the day.
3. During daily sitting meditation and at least 5 times a day, pay attention to where your thoughts carry you. Be aware of their content without getting lost in it, and come back to your awareness in the present moment. Were you planning or rehearsing? Were there any patterns in your thoughts? Can you identify habit energies that carry you away from the present?

Journal:

1. Reflect on times when you touched seeds compassion and loving-kindness.
2. Are you becoming aware of times when you automatically lose your mindfulness and lapse into habitual patterns of thinking or behavior?