

Week 8

Dharma talk on Right Diligence

Reading assignments:

The Heart of the Buddha's Teaching Ch. 14, 28

What the Buddha Taught, Ch. 8

Topics for discussion:

1. Having spend the past week exploring the 5 Mindfulness Trainings in discussion, practice and journaling, please discuss behaviors you've seen that are helpful and what are impediments to a life of mindfulness and your spiritual practice.
2. Explore ways as individuals and as a community that you can slow down in your life, so as to more gently and consistently maintain your mindfulness.
3. Reflect on the positive states of heart/mind that accompanied you during the day. Reflect on the negative states of heart/mind that arose during the day. Without more negativity (e.g. judgment, rejection or frustration), how can you sustain more peace, joy, compassion and simplicity in your lives?

Practice commitments:

1. Having a schedule that we follow, without having to choose what we'll do, is a great freedom, and refuge. Continue with your practice of waking to your intention, daily sitting meditation, and stopping to touch the moment at least 5 times a day. Let yourself be embraced by the sound of the falling rain, or the early evening darkness, or gratitude for a mindful step.
2. Share time with your Dharma buddy. You might choose to sit together, or have tea or go for a walk.

Journal:

1. Reflect upon the practice period. What were the new awarenesses and practices that you have been able to put into action in your life
2. Please fill out the evaluation form.