

Week 2

Dharma talk on Smṛti, Right Mindfulness

Reading assignments:

The Heart of the Buddha's Teaching Ch. 6 & 11

What the Buddha Taught, Ch. 5

Topics for discussion:

Ways of stopping in our daily life: what ways do you regularly practice stopping?
Are there circumstances where stopping could help you decrease suffering for yourself or others?

The four foundations of mindfulness:

How have you practiced awareness of body in the body?

How have you experienced awareness of the mind in the mind?

How have you experienced awareness of the feelings in the feelings?

How have you practiced with awareness of the objects of mind in the objects of mind?

Practice commitments:

1. Every time you find yourself waiting, e.g. at a traffic light, in line at the store or bank, stop, breathe, smile and let go.
2. Enjoy a bath or shower in mindfulness, being in touch with the warm water, the soap, your skin.
3. Breathing the breath of the green earth, be in touch with every plant you touch: the cotton of your shirt, the lettuce in your salad, the wood in the table where you eat, the flower on your altar, the petroleum running your car. Be aware of the blessings of plants in all you do.

Journal:

1. Each evening before going to sleep, reflect on your day. When were you mindful, spacious and joyful? Can you touch more mindfulness, spaciousness and joy in your life during the next day?
2. Reflect on your experience of stopping, calming, and embracing your thoughts and feelings during the day