

## Week 3

### Dharma talk on Samadhi, Right Concentration

#### Reading assignments:

The Heart of the Buddha's Teaching Ch. 7 & 15

What the Buddha Taught, Ch. 2

#### Topics for discussion:

Please discuss ways that joy, the deep joy of being alive, manifests in your life.

Have there been any new ways of understanding arising from paying attention to your thoughts and feelings?

#### Practice commitments:

1. Take a mindful walk with your Dharma friend through the falling autumn leaves. Bring a beautiful leaf to a loved one.
2. Begin each morning with a clear idea of your practice intention for the day. You may like to use the gatha: "24 brand new hours are before me. I vow to live each moment fully and to look at all beings with the eyes of compassion." Or you may wish to write your own gatha of intention.
3. Stop at least 5 times each day and notice where your thoughts are, and how your feelings are (pleasant, unpleasant, neutral). Without judgment or attachment, note what is arising with your thoughts and feelings. Is there suffering there? You might set a bell to ring at 2 hour intervals to help you remember to stop. More frequently is also fine.
4. Continue with the commitment to sit well, in concentration, each morning.

#### Journal:

1. Reflect upon your experience of concentration in practice. Has there been stillness in your sitting meditation?
2. How did touching your intention in practice each morning influence your sitting meditation and mindfulness during the day?
3. Each evening before going to sleep, reflect on your day. Reflect upon what you discovered in the 5 times you stopped to pay attention to your thoughts and feelings. Have you recognized any sources of suffering based on this practice? If so, how have you understood it? Has this understanding changed as you've paid attention over the week?