

Week 4

Dharma talk on Prajna, Right Understanding

Reading assignments:

The Heart of the Buddha's Teaching Ch. 8 & 9

What the Buddha Taught, Ch. 3

Topics for discussion:

Right understanding or right view, (as Thay calls it in The Heart of the Buddha's Teaching), is about our experience beyond notions, ideas or individual views. We can't discuss it directly, but can point to it through the way we live our lives. This week, the practice is to touch seeds of nourishment and mindfulness. Please discuss ways that the Five Mindfulness Trainings help us to do that.

Practice commitments:

1. Please cook and enjoy a meal of the special foods that autumn offers us with someone you love – your partner or Dharma friend. Enjoy planning, shopping, chopping, cooking and tasting the foods of this season.
2. 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.
3. Each morning, look at the one you love with the eyes of impermanence. Feel your joy at being together.

Journal:

1. Reflect on what your highest intention in your life is? How do you give your energy to what matters most? What comes back to you through that energy of giving?
2. Reflect on your experience of stopping, calming, and embracing your thoughts and feelings during the day.
3. Reflect upon impermanence. Impermanence is non-self through time.....Non-self is impermanence through space. How do you touch this in your daily life?