

Gratitude, Generosity and Grace: Week 1 (1/22/26)

Daily Life Homework

1. Sit every day

- Try sitting for a minimum of 10-20 minutes per day (more if you are able). Please practice your meditation in silence. (If you use an app...Try to use it only a couple of times during the week. Explore silence ☺)
- Do your best while sitting too: pay attention, welcome & open to whatever is arising. Is it possible to include it all?

2. Gratitude Practices

- Text or –e-mail “your buddies”: 3 things you are grateful for each day. Can be anything.
- Thank someone every day.

3. Generosity Practices

- For 15 minutes to a 1/2 hour each day, try offering respectful attention to everyone you meet or talk to. Take the other person’s point of view. Let the person on the bus, T, desk next to you, your neighbor, child, partner—be the most important person around.
- Give your full attention to them physically. Put your device(s) away. Look at the person. Listen carefully. Open your heart. Be there without pushing an agenda. Simply Listening.

4. Grace Practices

- Start to be aware of the heart space that can hold your life with tenderness & kindness. Even for a few minutes a day.
- Open to offering presence, mindfulness, loving awareness to the circumstances that arise and pass away- with a sense of grace or graciousness. In a way, it’s welcoming or bowing to whatever comes—a sacred attention.
- Do your best to notice any moments when you know and experience the spacious presence that includes the ever-changing flow of life with a sense of wholeness or compassion or connection or balance or ease.

HAVE FUN!