

Gratitude, Generosity and Grace: Daily Life Homework- #2

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 to: pay attention, welcome & open to whatever is arising. Is it possible to include it all?

2. Gratitude Practices

- *Let gratitude be like a flashlight-lighting up what is already there & remember to count your blessings daily.*
- Text or e-mail “your buddies” 3 things you are grateful for each day.
- Thank someone every day!

3. Generosity Practices

- Each day ask yourself: What allows me to give? What stops me from letting go?
- Continue the practice of offering respectful attention to everyone you meet, talk to or zoom with, for 15 minutes to ½ hour each day. 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

- Grace is the recognition that everything is connected and sacred. You are sacred! Please consider a lasting truce with yourself.
- Begin to notice that everything you do is Sacred.
- *It's the state of grace to be able to make room for things as they are.*
- Continue to be aware of the heart space that can hold your life with tenderness & kindness. Do your best to notice any moments when you know the spacious presence that includes the ever-changing flow of life with a sense of wholeness, compassion, connection, balance or ease.

HAVE FUN!

Love & Heart Wheels to All!