

Gratitude, Generosity & Grace: Daily Life Home Practices #3

(will arrive at 6:20 for Q&A)

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

- Remembering our blessings so we can hold whatever is happening in a larger perspective.
- Consider: changing I have to, to I get to & when in a complaining jag-finish the sentence with “my life rests on the lives of so many and I am grateful”
- Thank someone every day!
- Thank yourself every day! Is it possible to do this while looking in the mirror?

3. Generosity Practices

- Reflect on all the ways you can find opportunities for practice giving & offering generosity in your daily life. (tentative, one-handed, friendly, kingly or queenly)
Reflect on all the ways you hold back from practicing giving or offering generosity. Reflect on practicing generosity with yourself.
Reflect on letting go of “burdens” (comparing, anger, despair, craving) What can you give to yourself in these moments?
- Practice Kindness.
- Be aware of any acts of generosity or giving this week (in you or others). Some examples: attention, appreciation, time, money, food, material gifts, skills, knowledge, picking up something someone has dropped.
- Is there joy in giving? If not, why not? What is your attitude while giving? How does acting with generosity affect your heart- mind?
- Notice any stinginess. How does that affect your heart- mind?

4. Grace Practices

- Grace provides a framework in which a meaningful life is fully lived. Love is the essence of it day to day. It's a matter of living and having a practice that enables you to open to, return to again & again life's unfolding blessings.
- Grace is one key to happiness. When wonderful or not so wonderful things happen, if we have confidence in our practice, then we can remain grounded & not be over-whelmed by the dramas of life. This is where the grace unfolds. (more dharma less drama) a couple of hints:
a) Appreciate whatever comes and make the absolute most of it.
b) Allow feelings, emotions, thoughts, events to come & go. Get to know contentment.
- 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. It's the state of grace to be able to make room for things as they are.

HAVE FUN! Love & Heart Wheels to All!

The Poem: A Blessing for Beauty—John O'Donohue