

Gratitude, Generosity & Grace: Week 4 (2/12/26)

Daily Life Home Practices

I 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). Practice in silence. (If you use an app... Try to use it only a few of times in 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

- **Text or e-mail “your buddies”** 3 things you are grateful for each day.
- **Remember to count** your blessings daily.
- **Look at life with the spirit of Dayenu- “it would have been enough”**
- **Check out the connection between expressing Gratitude and Mindful pausing- breathing**
- **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- while looking in the mirror.**

3. Generosity Practices

- **One day this week, perform 5 acts of kindness & generosity—all 5 in one day. It doesn’t matter if the acts are big or small. It is skillful to perform a variety of actions.**
 - The kind & generous acts do not need to be for the same person—the person doesn’t even have to be aware of them. Examples: feeding a stranger’s parking meter, donating blood, helping a friend with a chore (shoveling), opening a door for someone, listening to someone, offering goods/money, time, service, caring, allowing someone to be just as they are, practicing non-harming, sharing food, or appreciating others.
 - After each kind-generous action, write down what you did in a few words & how you felt.
 - Find one occasion where you can give something anonymously to a person you have some direct contact with. Be mindful of what you are feeling as you are considering doing this act, while you are doing it & after it is done.
- **Generosity is letting go! It’s an antidote to clinging & craving! It’s FUN!** Please let go of shoulds in giving & see if there is joy in giving. If not joy, reflect on what is going on.
- **Reflect on how generosity affects your feelings toward others.** Do you feel warmth or love towards those who are generous with you? These feelings occur without force or expectation. It’s a law of the universe: as we give, we receive. There is an openness that one feels. Notice it
- **Be aware of acts of kindness- generosity offered or given to you.** Can you receive with kindness? When receiving see if you can receive the

generosity/kindness that was offered. Then pause. See what arises in the next moment (joy, warmth, love, happiness, wonder, fear, anxiety, unpleasant thoughts or emotions, identification, story, strings, obligation, habit?).

4. **Grace In Daily Life Practices: Remember to read these every day-**

- **Look for moments of grace** within you and throughout your day. Look for moments of grace in others and in nature! Remember them, write them down, bring them to class.
- **Grace- In life means receiving each arising moment with a generous attitude and meeting it with patience that is based in your practice.** When interacting with friends, strangers, loved ones, give them your full attention. Holding for each person life's greatest possibility in the moment. Can you see that as grace? It nourishes the very essence of the other's being. In cultivating our sense of self-worth and well-being, we are just as dependent on the kindness of others.
Knowing this is Grace. Practicing this is Grace!
- **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!