

Gratitude, Generosity & Grace: Week 5 (4/19/25)

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 gratitude’s each day.
- **Identify 3 things that you feel grateful for & appreciate about your life. Identify 3 things that you take for granted but are actually very thankful for. Identify 3 things that you appreciate about yourself. Identify 3 things that you feel grateful for about your present--right now--experience.**
- **Realize you can look at life with the spirit of dayenu- Practice it.**
- **Remember to count** your blessings daily. **Thank someone & yourself every day!**
- **Reflect on how Gratitude is interconnected with Generosity and Grace**

3. Generosity Practices

- **Reflect on whether you aspire to develop generosity internally as well.**
Imagine what you might give to a friend burdened with painful feelings such as jealousy, anger, despair or craving—what you might offer to help them be free of these states. *Reflect on how difficult it is for you to let such burdens go, even though you know holding on to them causes pain. What can you give to yourself in such situations?*
- **Practice kindness & generosity.** Be aware of the joy of giving & the wisdom of non-clinging.
- **Be aware of acts of kindness & generosity offered or given to you.** Can you receive with thankfulness & kindness. When receiving see if you can receive the generosity that was offered. Pause. See what arises in the next moment. joy, warmth, love, happiness, wonder, fear, anxiety, unpleasant thoughts or emotions, identification, story, strings, obligation, habit?
- **Can you get to know the radical understanding of non-separateness, interconnection, interdependency? No giving without receiving & no givers without receivers. Giving & receiving arise together. They are one.**
- **Reflect on how Generosity is interconnected with Generosity and Grace**

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

- **Look for moments of grace** within you and through out your day. Look for moments of grace in others and in nature! Remember them. Grace is the

recognition that everything is connected and sacred. You are Sacred! Notice that everything you do is Sacred.

- **Reflect on how Grace is interconnected with Gratitude and Generosity.**
- **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!
- **Get to know** the deep fundamental truths of what brings us from the suffering, the clinging, the fear, the hatred, the confusion into the ease, the peace of the heart that can be a gracious offering of kindness into the flow of life ---**Learn this practice. This not just a set of ideas or ideals. Begin simply by being present for life: the mysteries, the joys, the tears and offer yourself into life with a sense of grace, compassion and understanding.**
- There is something about **being in the present & not knowing and showing up** with a compassionate heart with a tenderness, an easiness, a willingness to not know, with the capacity to stay within yourself in the midst of where you are that allows you to move through this world as a Buddha. This is what, we learn in practice: presence compassion, grace-
We learn to trust mindfulness.
- **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 and 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!