

Wise Livelihood- What is our true occupation?

Home Practices #3 (5/1/25)

Class begins at 7:00pm- I will arrive at 6:45 for a Q & A for those who want to attend.

- 1) **Sitting Practice:** for a minimum of 15-30 minutes per day (more if you are able). *Please practice your meditation in silence. (If you use apps-use them only a few times a week).*
- 2) **Gratitude Practice.** Text, your buddies from the class, 3 things you are grateful for each day. Can be anything.
- 3) **Koan Questions: What is my true job? What is my true occupation? What is occupying my heart/mind right now?** Ask these questions a few times a day (or at least read each day). Pause, Listen for the answers. If you wish write them down.
- 4) **How could you bring more awareness into the particular “work” that you do?** Remember to open to the present moment-To what is actually happening. **Aware of;**
 - a) ***the quality of your intention & attention & relationship to*** working, to daily tasks or routines, and to repeated home chores. What qualities are you cultivating?
 - b) ***what is occupying your time/thoughts? Are you dwelling?***
- 5) ****Spend time with the Bottom Up Guide handout. See at end if you weren't in class.**
- 6) **Wise Livelihood-**
 - Continue to explore** non-harming
 - Continue to explore** happiness or joy in your “work” & life!
 - Continue to explore your relationships with:**
 - a) co-workers, people we live with, and whomever we interact with in our day. Practicing kindness, compassion, wise speech with ourselves and with others.
 - b) *challenges and difficulties within your” work”.* Can you cultivate equanimity, lightness, integrity?
 - c) Mindful pauses, postures: sitting, standing, walking, lying down, states of mind: moods, emotions, attitudes, texture: pleasant, unpleasant, neutral.
- 7) **Recollect the Dalai Lama's key to happiness:**

*****Purpose of life is happiness.***** Once basic needs are met: Happiness is determined more by the state of one's heart/mind than by one's external conditions, circumstances or events- *****Happiness can be achieved through the systemic training of our heart- minds, through reshaping our attitudes & outlook.*****The key to happiness is in our own hands. What blocks this happiness: Insisting that one is always right, excessive pride or

exaggerated sense of self or undermining and devaluation of self are not clear seeing.

Inner happiness comes through training the heart-mind. **(We all can do this!)**

8) Thank you for your Practice and Have FUN!!

****The Bottom-Up Guide to Finding Your Purpose – Part two-** The bottom up assessment examines the small separate activities, observations, and exchanges that make up the big picture

- Keep a journal for a week. During that time note which activities, observations, and exchanges drain you and which ones make you feel good.
- Set a calendar reminder to review your journal. When you do, look for patterns. Can you identify insights or make generalizations about cause and effect relationships?
- Make a list of people you admire and mark down traits of theirs that you value. Ask yourself whether you embody any of those traits and if not think about why not.