

Wise Livelihood: What is our true occupation?

Home Practices #4 (5/8/25)

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 3 things you are grateful for each day.
- 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 part 3 of Finding your Purpose:**
After completing both the top down and bottom up assessments to identify your purpose, write down any revelations you’ve had. What has the exercise revealed? Which gaps between your purpose and your actions do you want to address.
- 6) **Wise Livelihood-**
 - Continue to explore non-harming
 - Continue to explore** happiness or joy or ease in your “work” and in life!
 - Continue to explore your relationships:** to yourself, other people, to challenges within your “work”- **Can you cultivate equanimity, lightness, integrity, pausing.**
- 7) **Recollect the Dalai Lama’s key to happiness:**
*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.*
Ask yourself several times a day, “ What attitude is occurring?” (at work, during daily routines, while working on a project, tasks, routine daily chores)

8) It's incredible to open to the qualities of simplicity, of care, of tenderness, of seeing that we don't need as much as we thought we did to be happy.

Ask yourself:

- "What do I really need?"
- "What are my deepest aspirations?"
- "When I look back on my life, what will I have cared about?"
- "What do I care about for this world that I live in?"

9) Do your best to bring in some sense of your connectedness or your interconnectedness in your work, your livelihood, your life!

Thank you for your Practice and Have FUN!!

Sending kindness and love to you!