

Fathomless Treasures – Week 6 (6/11/26)

Class starts at 6:30pm, at 6:20 I will answer any questions

1. **Sitting: For** a minimum of 15-30 minutes per day. Do your best!
2. **Practice Gratitude:** Text or e-mail your buddies, 3 things you are grateful for each day.
3. **Contemplate:** All conditioned phenomena are impermanent its nature is to arise and pass away living in accordance with this truth brings true happiness.
4. **Read & Reflect: Read the 5 Reflections Daily. (** at end of HP)**
Reflect: *I am the owner of my actions- karma, Heir to my actions, Born of my actions, Related through my actions, abided supported by and live dependent on my actions. Whatever I shall do, for good or for ill, of that I will be the heir.*
5. **Explore:** The Buddha wanted us to realize that we create our own happiness through our actions. If we truly understand the law of cause & effect, we will act with integrity & move in the direction of true well-being & liberation. The Guidelines for Happiness- “Do no Harm, Act for the Good, Purify the Mind. This is the teachings of all the Buddha’s.” These guidelines address different areas where we can practice avoiding harmful actions & encourage compassionate actions. Happiness through harmlessness.
 - **Honor all life**-Refrain from killing-develop a respect & reverence for life & Practice compassionate action
 - **Share your time & resources**-Refrain from taking that which is not freely offered & Practice generosity
 - **Take care with sexual energy, respecting boundaries & offering safety-** Refrain from using sexual energies unwisely or uncaringly & Practice responsibility in all your relationships
 - **Speak kindly**-Refrain from harmful speech & Practice kind, truthful speech
 - **Develop a clear mind & healthy body**-Refrain from the misuse of alcohol & drugs & Practice caring for the body, heart, mind.
6. **Practice this week with integrity**-As you practice with the above guidelines, **get to know Integrity.** Don't do it with the intention of being a better person. Practice with the intention of bringing more happiness into your life & the life of others! Every time you speak or act with integrity notice if there is a feeling of well-being or how good it feels in your body, heart & mind.
 - a. **Choose one of the Five Guidelines for happiness mentioned above that you would like to cultivate as a way to bring more happiness & well-being into your life.**
For example, if you tend to speak sharply to a relative or co-worker, you might decide to work with “Speak Kindly.”
 - b. **Think of ways in which you might act in alignment with this new habit.** Make a commitment to add this choice to your life for one week. Each time you are faced

with the moment of choice, take a breath, remember your commitment, and choose integrity.

- c. **Every time you remember to make one of these choices** (e.g., speaking kindly to your child even when you feel impatient), **notice if you feel happier: a) in the moment; b) with the response you elicit; c) later when you recall your action.**
- d. **Take this one day at a time.** Notice if it becomes easier to make your positive choices. **At the end of the week, notice if your level of well-being & happiness has increased**

Extra Credit- Reflections: If happiness, ease, peace is our true nature, our essence, our Buddha nature- why don't we experience it all the time? Does the sense of who we are get mixed up with experiences? We claim experience through thoughts, emotions, feelings, etc. as who we are.

- *Is that who we are?* Can we see more clearly? *What can't be removed from our true nature?* What element of our experience is essential to us? *What doesn't arise & pass away?* What is essential to us? What remains when everything that can be removed from us is removed? We can take away perception, sight, smell, textures, activities, relationships, etc.
- *But what accounts for the continuity of experience? What remains present?* Reflect on different ages 5, 8, 13, 20, 25, etc.
- *What is continuous?* Is it possible that awareness itself remains consistently present with all experience?
- **Reflect on awareness.**

Loving & appreciating all of you & am grateful for your Practice!

Thank you!

****The 5 Daily Reflections:**

1. **Reflect: I am of the nature to age. I am subject to aging. Aging is unavoidable.**
2. **Reflect: I am of the nature to sicken I am subject to illness. Illness is unavoidable.**
3. **Reflect: I am of the nature to die. I am subject to death. Death is unavoidable.**
4. **Reflect: All that is mine, beloved and pleasing, will become separated from me. I will grow different, separate from all that is dear and appealing to me.**
5. **Reflect: I am the owner of my actions. Heir to my actions. Born of my actions, Related through my actions, Abided supported by and live dependent on my actions. Whatever I shall do, for good or for ill, of that I will be the heir.**

Updated reflections:

- ***Reflect: I am of the nature to age. Aging is unavoidable.***
- ***Reflect: I am of the nature to get ill. Illness is unavoidable***
- ***Reflect: I am of the nature to die. Death is unavoidable.***

- **Reflect:** *All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.*
- **Reflect:** *My actions are my only true belongings. I cannot avoid the consequences of my actions. My actions are the ground on which I stand.*