

What is Practice? – Home Practices -Week Three 2025-

I will arrive at 6:45 each class for questions- Class will start at 7:00pm

- 1. Sitting & Standing:** For 10-30 minutes per day. **Formal practice:** What is your intention as you begin the meditation? Notice the attitude you have when you sit. How you practice is an important area of practice itself. Not judging, as best you can notice, be mindful of how you are practicing **Standing:** Be aware of standing in your day.
- 2. Gratitude Practice:** Text “your buddies” 3 things you are grateful for each day.
- 3. Internet, Social Media, Device Practice.** Practice mindfulness while using your devices.
- 4. Pause Practice: a few times a day for 10 seconds to a few minutes**
 - Simply Pause
 - Feel your feet on the floor
 - Shift into relaxation-Rest-soften muscles anywhere you feel tension -
 - Notice how the body feels, Widen attention over the entire body — Inhabit the body
 - Pay attention as if listening to body
 - Float the Question: “What is happening right now??
 - Listen for the answer, without judgment, & let it be or let it go.
 - Feel your feet on the floor or Rest within the body.
- 5. Questions: Pick a couple Read them again & practice with them**
 - **Reflect On Balance. Is your life balanced? Is your practice balanced?** Is there a balance of activity and non-activity, work and not-work, socializing and being alone? Do you have time for some kind of contemplation? Is there a balance energetically? Is there balance between balance faith and wisdom, confidence and discernment? Between energy and calm or concentrated.. Is there balance between service and self-care? Is there balance between practice and study?
 - **What are the challenges you have in doing the practice?** What are the obstacles you have? Sometimes it’s really useful to look at what attachments you have—what are the places you get stuck when you practice?
 - **if you’re practicing mindfulness** through out the day, when in the day are you most likely to lose it? Are there any patterns behind it? It’s easy enough to lose your mindfulness and not think that’s important –“I’ll get around to it eventually.”
 - **Or what are some of the preoccupations that pull you away from present, from being mindful?** What are the challenges you have to work through

that'll be useful to look at more deeply and more carefully? Do you get attached to pleasure, to comfort? Are you aversive to discomfort? And is that an important motivating aspect for your life, an important obstacle for doing the practice?

- **What's the role that fear or aversion has for you?** What's your relationship them?
 - **Are there issues, concerns with your ethics- with non-harming- Sila?** Exploring how you act is an important part of practice.
 - **How well do you understand how selfing works?** –the whole idea of how we create a sense of self, make up a sense of self? Look at: How does self-image come into play when you practice? What are the expectations around self? What kind of self are you trying to create, & for who? Looking carefully, much of what we think of as the self is a construct. It's an activity that's being created, formed, shaped moment-by-moment.
 - **Appreciating the understandings and insights that come with the practice.** It's not just a matter of changing, or being calm, changing your mind state-it's a matter of understanding how your mind works, how your heart works. What are the causes and conditions that bring together the forms of suffering that you have? What are the causes and conditions that bring liberation from suffering? There is a lot to understand 😊
 - **Understand how clinging works.** To understand the nature of grasping, clinging, and all the subtle and ways in which we cling. Then to understand, if you can, how you can release that clinging. If you understand those two things. There is value in those two things
 - **There's also insight into some of the beautiful states of mind, of heart that can arise up as we practice.** You can have insight into how compassion works and the value of compassion, insight into loving-kindness, how to develop loving-kindness, how to cultivate it. There's a lot of things- Joy- equanimity- generosity!
 - **What are understandings you've had in practice?**
6. **Do you understand how everything you do can be practice?** How well integrated is mindfulness-awareness-presence-practice in the rest of your life?
7. **At the end of the day,** reflect on the benefits of practice you experienced in your day. *Inquire within, what allowed you to be most alive?*
8. **Have FUN!!**

FOR FUN: *Give yourself a gift*– Not just Spindrift Passion Fruit flavor- or ice cream!

Go out into the woods, the mountains, walk along a stream, a pond, a lake or the ever-changing ocean. Or just look at the sky! Look closely at a hundred kinds of steadfast trees, follow the graceful flight of birds, marvel at all the animals & human beings, listen to the laughter of children. ***Or just look around.*** See people, nature - the whole scene, sense the warmth of your body, feel the mood & your pulsing heart. If you were in danger of losing your life, what wouldn't you give for a moment like this? Take a breath. Treasure it. Smile.

SO AWESOME!