

Parami Home Practices: Loving or Holistic Kindness-Next class, Friday-Nov 14th

- 1) **Sit every day.** Sitting for a minimum of 15-30 minutes a day. ***Begin your meditations with 10 minutes of loving-kindness. Notice how starting with kindness affects the rest of your meditation***
- 2) **Gratitude & Metta Text or e-mail your buddies 3 things you are grateful for each day.** Also meet in person, zoom, Facetime, text, e-mail with your buddies once a week or once the next month. Share what you learned re: Metta-Loving Holistic Kindness
- 3) **Ajahn Sucitto's Pāramī: Ways to Cross Life's Floods Please read "Metta" pp171-188.**
- 4) ****Recollect Parami Practice- ****
 - **Initially one brings the topic to mind**-this is helpful & useful-it means that the parami gets built-in as a frame of reference. ***Do your best to build in Metta-Loving-Holistic Kindness***
 - **The gathering stage** is when you apply the parami in the face of its opposition. (Something in you doesn't want to bother, other people don't see the point, not convenient to do so) ***Do your best to apply Metta- Loving-Holistic Kindness in the face of opposition.***
 - a. Continue the parami of Generosity: giving & receiving.
 - b. Continue the parami of Non-harming
 - c. Continue the parami of Renunciation
 - d. Continue the parami of Wisdom
 - e. Continue the parami of Energy
 - f. Continue the parami of Patience
 - g. Continue the parami of Truthfulness
 - h. Continue the parami of Resolve

******New Home Practices –Starts Here** (Read ALL the HP & do the HP's that makes sense for you at this time- HAVE FUN- **At end of HP-More Kindness practices towards yourself*****

- 5) **Metta or Holistic Kindness is the 9th parami. Metta is the Pali word which translates as loving or holistic kindness,** an all-inclusive befriending, a fearless kindness, an open-heartedness, love as care, benevolence, empathy. It is a radical shift in our way of being present and rests upon a dedicated intentional practice. A heart-mind abiding in kindness. The Buddha described this way of being in the world as an attitudinal commitment we can bring to all moments, situations, relationships in our lives- including ourselves! **Simply be open with a friendly heart to every human being including yourself!**
- 6) **Metta: Reflections & Practices: (Talk over with Buddies)**

Reflections:

 - **Reflect on:** some of the significant acts of goodwill or loving kindness that you received from others. What made these significant for you? How did they make you

feel? Did they motivate you in any way? What did you learn from experiencing these acts of goodwill?

- **Reflect on:** some of the more significant acts of good will or loving kindness that you have offered to others. What made these significant to you? How did you feel doing them? What did you learn from doing them?
- **Reflect on:** what points of view you could draw on which would help you have greater good will or loving kindness for others. What aspect of another person can you consider that would incline you to feel friendlier toward them? Please write up a list of 5 points of view, reflections, or attitudes that would help you have more loving kindness toward others.
- **Reflect on:** what points of view you could draw on that would help you have greater good will or kindness towards yourself. What aspect of yourself can you consider that would incline you to feel friendlier toward yourself? Please write up a list of 5 points of view, reflections, or attitudes which would help you have more kindness towards yourself

7) **Practices: Please Share with you Buddies, what you learned.** ☺ Till next class, you are invited to practice holistic kindness. **Notice times during your days when your heart is at ease, in connection with life.** Don't miss the opportunity to find ease in the expanse of the boundless dimension of kindness, friendliness or love. Love every day, every minute: not limiting the practice to just times when we are sitting quietly. Take the great risk to love life. Love all of life while walking the dog, while exercising, while waiting in airports, shopping, driving, riding your bike- everywhere we go we can be silently cultivating an intention of care & good will. Every moment when we drop obsessive preoccupation with self-concern or judgments of the inadequacies of ourselves or others, we open to a vast, still, kind truth beyond words, beyond contention.

Below Practices: With Some Helpful hints (JG).

- a. **Be kind within or towards yourself every day! (you can do it!)** What did you learn?
- b. **For a week,** devote all your meditation sessions to loving kindness. How does this affect your daily life? If you choose formal Metta-sequence is yourself, benefactor, good friend, neutral person, difficult person, all beings. Phrase from class: May you be safe & well, May you be peaceful, May you live with ease & with kindness.
- c. **When you are in public situations,** privately practice generating intentions of good will, well wishing, loving kindness to the people around you. How does doing this affect you?
- d. **Choose a person you are not getting along with.** For a few days focus your loving kindness practice on generating whatever goodwill or loving kindness toward this person that you can. Notice if and how your attitude toward this person changes over those days.
- e. **Choose to practice** any of the actions or meditation practices on pp. 187-188 in the reading that spark your interest. Practice them as you wish.

Loving or Holistic Kindness is always about our relationships with ourselves & others. We can use every relationship, every meeting, as our practice. One of the first things to do which is easy for us is to really pay attention when this feeling is present.

1. To Begin:
 - Be exact & clear in recognizing this quality.
 - Get to know it. See it clearly. Investigate it.
 - When Kindness is present, we want to highlight it.
2. Then Continue:
 - Pay attention when meeting people throughout the day.
 - Notice when Kindness arises and when it doesn't.
 - What obstructs Kindness when it does not arise?
3. Next, go deeper
 - Notice when attachment is present with Kindness.
 - Notice when expectations are also present with Kindness.
 - How does this feel?
 - How is this mixed feeling different from pure Loving Kindness?

So skillful, helpful to discern when Loving Kindness is mixed with attachment. Loving Kindness and attachment are often mixed –yet very different. **Love is offering, attachment is holding-** When you feel a sense of attachment-within a relationship-pay close attention- All the problems of relationships can be seen here arising from the root of attachment- Can you use each interaction to investigate deeper.

- Watch for attachment in all situations
- Ask where is it present?
- Notice how it feels
- Expectations can also be mixed in.

Again:

- See if you can discern a distinction in the way you interact with the different people you meet.
- Look for where Loving Kindness is present
- Look for when it is mixed with attachment
- Become familiar with the differences
- Notice if expectations are mixed in

Try all if you can, if not, choose what your heart calls you to do.

- 1) **Practice: Seeing yourself with Kindness-** If only we could see what others see, it would be easier to be kind to ourselves- what would you see if you tried looking at yourself through the eyes of someone who cares about you or loves you? Recall the lovely qualities this person sees in you. (No buts!) And take in the caring or love. We are all good enough. Goodness is inside of you!
- 2) **Practice: What you like-** Spend 3 minutes in front of a mirror looking at the image in front of you. Notice any judgments, reactions. Instead of feeding them, acknowledge them & let them go. In a heartfelt way, say aloud to yourself at least 3 good qualities

you have. Like: “You really care about others”, “You are funny”, “You love your children, or pet(s)” Don’t try too hard- A glimpse of appreciation is wonderful!

3) **Practice Being present for all the acts of kindness that come your way each day.**

Someone in your house hugs you, take in the kindness. Your pet cuddles or licks you- take in the kindness & love- your co-worker expresses appreciation- Be there for it.

When a friend greets you with delight on zoom, phone, in person they are communicating their kindness & caring for you. Don’t miss it. A stranger holds a door for you or someone waves as you pass them on the street- that is communication filled with warmth & friendliness- feel it, look for small & large expressions of kindness. **Now notice all your acts of kindness that you offer others**

See you in November! Sending Love & Appreciation virtual hugs!