

The Freedom of Compassion-HP-Week 3- 2025

For those who want more Q & A time-I will log on at 6:50 and of course, there will also be Q & A during the class as well. Class will start at 7:00.

1. **Begin your day & your daily sitting:** by taking a few moments to bring to your heart/mind your intention, aspiration to live a wakeful, engaged, compassionate life.
2. **Sitting:** For a minimum of 15-30 minutes per day. Keep your meditation simple —Try silence (if you use no apps- try only using tem a few times/week)
3. **Gratitude Practice:** Send your buddies 3 things you are grateful for each day. It can be anything.
4. **Pause Practice:** at least once a day.
5. **Be aware of suffering & your relationship to it.**
6. **Please notice compassion within yourself or in another every day.**

***** New Home practices below:**

7. **Notice in your sitting & in daily life,** how the states of anger, rage, aversion, fear, guilt, grief feel in the body, heart, mind? Best way to notice is to be mindful of them in the body. **Recognize them. Allow them to be here. Investigate & explore them with care.** Do they lead to suffering? We don't want to deny, suppress or make them go away- Simply do your best to understand them for what they are. None of these states are bad or wrong - just understand their function: how each works, how each affects you. Do they change? Are you in control of their arising or passing? Do you blame yourself or others when you cannot control things? With Anger-Does anger give you the energy to make change in a sustained way? Does anger burn you? Does anger give you skill in making change? Or does anger prevent effective change?
8. **What is compassion?** What is this mysterious force that is not anger, not rage, not aversion, not fear, not guilt, not grief?
9. **Nurture Mindfulness, Compassion, Caring, Tenderness.** Open to return to what is here-the body and its posture-sitting, standing, walking, lying down or the listening to sounds around you, or mindful of breathing in the body. Ahhhh.. Present moment. **Notice any moments of wholeness within & gently open to it. Notice** the moment you are overwhelmed or flooded by suffering- then offer caring & tenderness. Can you notice when it changes?

10. Contemplations or Reflections:

What do I need to cultivate, in this moment, to open my heart with connection?

What do I need to let go of, in this moment, to be free of the inner torment of separateness or separation?

What do I need to learn about compassion, in this moment, to be free?

Thank you! You All Are Amazing!!! Heart Wheels to all!