

The Freedom of Compassion-HP-Week 4- 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** Send your buddies 3 things you are grateful for each day. 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.
- 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. **Nurture** Mindfulness, Compassion, Caring, Tenderness. **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?

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

- 8. Plant seeds of caring actions** –We can only begin-now- where we are-That is now.
Now becomes the seed for all that lies ahead. Each action is like breathing, a practice of expanding our heart. ***Be the Dolphin! Be The Whale!***
- 9. Explore: If it's possible to transform your own heart & mind in the moment.** Can you understand the difference between connection & separation? Can you find the steadiness, patience, generosity, & commitment not to abandon anyone or anything in this world- including yourself? Can you learn how to listen deeply –*not to gather information, but rather listening in order to understand-that we listen to learn.* **Remember:** To cultivate the willingness to listen deeply to sorrow is the first step on the path of compassion. Can you find the commitment to stay connected & to listen deeply? What is most needed is the presence of a person who can be wholeheartedly receptive .Can you discover the heart that trembles in the face of suffering?
- 10. Compassion is cultivated** one step and one moment at a time. Each, lessens the mountain of sorrow in the world

**Thank you! See you in December! (or Gratitude Gathering online) Heart
Wheels to all!**