

The Freedom of Compassion Home Practices - Week 5 (12/05/25)

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

***** Previous Home practices below:**

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 others and Plant seeds of caring actions
7. **Explore:** If it's possible to transform your own heart & mind in the moment. **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

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

8. **Explore: Fully loving yourself, including your imperfections!** We all, over 8 billion humans on this planet have imperfections. See them clearly and be tender yourself with deep acceptance. Let your compassionate heart teach you how to care. Be the loving awareness that can witness & hold your life with its accomplishments and imperfections in an ocean of love and tenderness. 😊😊😊
9. **Practice stopping and listening to the heart:** A couple of times a day, **in your sitting & in daily life, stop & listen to your heart.** Even if you can't stand still, Stop inside, step out of the drama, recognize the pain, the busyness, being lost. Breathe and open to the present moment. Breathe and Open to your own heart before speaking, to hold or acknowledge what's needing attention in you. Then include them in the space of the heart. This cultivates a strong presence with connection. 😊😊😊
10. **Practice Deep & Compassionate Listening.** Do not listen for the sole purpose of judging, criticizing, analyzing or offering advice. Listen only to help the other person express her-his-them selves and find some relief from suffering. Listening is an accepting and nonjudgmental invitation for others to be themselves, without any worry about disapproval. This is an extraordinary gift to offer another person. Practice being present, here, listening as best you can, everyday 😊😊😊
11. **Several times a day practice Shantideva's teaching: Be aware of the state of your mind. Reflect:** How would your life be if you carried the commitment to be compassionate into all of your encounters? We cannot change the heart or the life of another person, but we can always take care of the state of our own mind. Can you let go of our resistance, fears judgments? Can you listen wholeheartedly to understand another person's world? Can you find the courage to remain present when you want to flee? Can you equally find the compassion to forgive your wish to disconnect? Remember-Compassion is in every step, every moment of cultivation, it is a gesture of deep caring and wisdom.
12. **How do you awaken out of the illusion that you are separate?** Remember the doorway out is through the heart. To live in your heart with the degree of openness, it requires TRUSTing- Awareness, -to feel it directly – it's always right here! Can you enter into awareness with a quiet mind and see all things with an openness of heart, with allowing, -when you experience the preciousness, the grace, there is the connection- and the

amazing interconnection of everything- Nothing left out- Compassion, tenderness, caring are right there. It's all there –it all keeps changing, flowing, & everything including you, is just a part of it- ***Notice connection through the heart when you:*** love your pet, child, friends, partner, nature- anything- Can you notice the connection the loving awareness?

Thank you for your practice! See you next week. Heart Wheels to all!