Knowing the roots of Suffering, Growing the roots of Goodness- HP #1
Reminder: **There will be an optional Q & A at 6:20pm. The class will start at 6:30pm.**

1) **Cultivate Mindfulness:** Mindfulness is a present moment experience. Mindfulness is knowing what is happening. Not to add anything to or subtract anything from our experience, not to improve upon it. To see things exactly as they are . Mindfulness is a wakeful presence, a willingness to learn in the moment. Wherever you are, is the perfect place and time to be mindful, to engage in the present moment and be taught by it's wisdom. ☺

2) **Sitting Practice:** for a minimum of 15-30 minutes per day**.** (more if you are able***)*** *Please practice your meditation in silence. (If you use apps-use them only a few times this week)*

3) **Gratitude Practice – Growing a root of Goodness.** Text your "buddies" from the class, 3 things you are grateful for each day. Can be anything. Gratitude is the capacity to take delight in life, in this moment, here, now, in being alive! Gratitude is the ability to feel joy & wonder. Notice how your body heart and mind feel when you notice gratitude arising and when you read gratitude's from your gratitude buddies.

4) **Begin your Exploration of Knowing the roots of Suffering:**
This week, start by being interested and curious about the torments of the heart, the 3 poisons, the kilesas, the unwholesome, unskillful roots of suffering in the mind.
The Buddha emphasized the simple recognition of these unwholesome states (mindfulness) Get to know how you experience it in the body, heart or mind. See if it's possible to allow yourself to fully experience it as it is without wanting it to be different.
The Buddha also emphasized recognizing or being Mindful of the absence of the torments of heart.. It is important to *pay attention to the quality of mind that is free from different forms of greed, hatred and delusion*. In those moments, recognize, be mindful of, any ease, peace, or openness of heart-mind that are present.
a) Greed: There is no fire like greed-the fevered excitability of the wanting mind- leaning towards & pulling in- wanting more of what we like.
b) Hatred: There is no grip like hatred, ill will, anger.-the tightness, contraction of fear-a pushing away. Hared is wanting to get rid of what we don't like.
c) Delusion: There is no net like delusion:-ignorance, bewilderment, confusion. Confused entanglement of delusion- the mind running around in circles. Greed & Hatred are both based on the delusion of not knowing where to find happiness and relief from our suffering

5) ***Please Be gentle with yourself!*** *We are learning to explore the roots of suffering is, to use our life, body, heart, mind and to grow in wisdom and compassion. Please Grow the root of Goodness,- Gratitude, this week too!*

Thank you for your Practice and….HAVE FUN!!