Knowing the roots of Suffering, Growing the roots of Goodness- HP #2
**** Home Practices are new** *Reminder:* optional Q&A at 6:20pm. The class starts 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 . 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 & Generosity & Contentment Practices – Growing the roots of Goodness.****
a) Gratitude text your "buddies", 3 things you are grateful for each day. Can be anything. *Also, thank someone everyday! Thank yourself everyday!*
b) Generosity: *Take delight in giving or getting to know the natural wish to share that is inside each of us. Be aware of any acts of generosity or giving this week (in you or in others). Giving; attention, appreciation, time, money, food, material gifts, skills, knowledge, picking up something someone has dropped, opening a door for someone.*
Reflect: The Buddha's freedom is the freedom from all forms of clinging- Generosity's inner quality is letting go-the antidote to clinging, attachment, greed is letting go. ☺
c) Contentment: Do your best to notice any contentment this week. Notice any experiences or emotions that are more satisfying than sense pleasures. Notice if contentment allows an easing of tension in the body, heart and mind. Notice a lack of contentment and ask yourself "What in this moment is lacking f?" Listen for the answer(s).

4) ****Begin to explore greed & clinging their antidotes.** Please continue the exploration of Knowing the roots of Suffering:****
Let's take a deeper dive into greed: a burning desire, an unquenchable thirst, craving, lust, clinging, attachment that arises in response to pleasant experiences, memories or we lose something pleasant and we cling to it. This root can be understood as an idea or thought that "fi I only had…… then I would be happy" We want objects of our desire to provide us with lasting satisfaction so we feel fulfilled, whole, complete. Greed for pleasant experiences causes suffering because every experience is Impermanent, Imperfect, Impersonal which leads to discontent -not happiness or true ease. See if this is true!

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. **The antidotes are: gratitude, generosity, mindful connection, contentment.****
b) Hatred: There is no grip like hatred, ill will, anger.-the tightness, contraction of fear-a pushing away. Hatred 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, Generosity, Mindful Connection & Contentment this week too!*

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