Knowing the roots of Suffering, Growing the roots of Goodness- HP #3
**** Home Practices are new** *Reminder:* optional Q&A at 6:20pm. The class starts 6:30pm.**

1. ****Continue to Cultivate Mindfulness**:** Mindfulness is a present moment experience. Make greed the object of Mindfulness- to develop a skillful relationship with pleasant experiences & your wanting for them — knowing what they can & can not bring. Make wanting- the object of mindfulness. When wanting arises, make it the object of attention, really looking at it, observing it. Notice it carefully, so you're not getting lost in it. If there's enjoyment of the particular fantasy notice the enjoyment, so you really see each aspect of what's going on. With persistent or obsessive wise reflection can help.
   Ask yourself: "Where is this going? Where is this leading?" Ask yourself if this desire is productive in any way. Is it onward leading in any way? Or is it a simple diversion of the mind
   Remember-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 a day**.** Wanting- clinging- craving- appear as restlessness, fantasizing, planning, wishing your meditation felt better or calmer (more if you are able*) Please practice your meditation in silence. (If you use apps-use them a few times a 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.* 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** :In a single act of giving, we abandon the 3 poisons.-Letting go grasping & clinging-greed- Letting go of ill will or aversion, Letting of delusion because we act in wholesome-skillful ways- what we do , the choices we make matter- when we are generous life is different.*
   c) Contentment: Do your best to notice any contentment. 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? & What is being asked of me for contentment to be present?*

4. ****Begin to explore greed- wanting & clinging their antidotes.** Please continue the exploration of Knowing the roots of Suffering:****
   Take *A fresh look at Wanting :* Does wanting mind have stem from expectations & cravings. Whether it is wanting a new material item, comparing ourselves to others, or trying to recreate a past "good" meditation session, notice greed subtly creates discontent.
   Just Observing: Please do not judge yourself when wanting arises. Mindfulness is not to forcefully get rid of greed but to notice it clearly without acting on it.
   Use greed to Awaken When unnoticed, greed dictate our habitual reactions & drive unwholesome actions. when wanting arises & is met with mindfulness it loses its power. The obstacle itself becomes the very object of mindfulness that leads to freedom.

5. **Some Questions from class:**
   a) In your meditation practice do you sit expecting something, wanting something to happen? Do you sit to get something or someplace? What happens to your mindfulness?

b) How many pleasurable experiences have we had in our lives?
Reflect where your desire is leading. Where is it taking you? Do you want to go there?
Reflect on impermanence: impermanence on things arise and pass away constantly moment to moment-day to day or year to year. See if this is helpful in freeing your mind from the grip of desire or addiction
Reflect: Life is going by so quickly. Looking back at the time of your death, what will have really been important for you? What will have mattered? What would you have wanted to do in your life?
c) *Reflect* on a recent time you were suffering. Investigate this experience and see if you can trace the suffering back to wanting.
d) What are your intentions or what motives driving the energy of wanting?

6. **Remember:** 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.

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!!