

The Seven Factors of Awakening –A Year Living These Treasures- Home practices #1
(Next class 2/9/24 at 6:00-8:30pm)

- 1) **Sit every day.** Try sitting for a minimum of 15-30 minutes per day. (more if you are able) Please practice your meditation in silence. (**Newer to practice 10 minutes a day- & check out CIMC’S** Beginner Drop-in, Beginners workshop, Way of Awareness.)

- 2) **Gratitude Practices:** Write down, 3 things you are grateful for each day. Can be anything. When Buddies are assigned: Email them and if you all prefer to Text – exchange text info via e-mail and text your 3 gratitude’s daily. They can be 3 words or a phrase or a sentence. (More buddy info in next class)

- 3) **Setting A Year Long Intention, Vow, Dedication:** Finish writing your year long intention, vow, dedication. (What is my motivation in the Seven Factors of Awakening-A Year of Living these Treasures? What is my aspiration in life? What is my intention/vow right now?) Then put it someplace where you keep special things. Then, as you go through the year, let it be your compass, your underlying direction, in spite of changing outer circumstances. Let it carry you.

- 4) **Please read daily, silently or out loud, The Seven Factors of Awakening:**
 1. **Mindfulness (sati)**
Being aware of what is happening in the present moment

 2. **Investigation (dhamma-vicaya)**
Investigation supported by wisdom.
Understands what are skillful/healthy/beneficial states of mind
And what are not.

 3. **Energy (viriya)-Diligence, effort.**
Increased engagement with practice, especially freeing oneself from unskillful states.

 4. **Joy (piti)**
Feeling of delight, rapture.
Touching that which is refreshing and beautiful, both within and without.
Arises when attention is absorbed

 5. **Tranquility (passaddhi)**
Calming and stilling of body/ mind,
Ease, quietness of mind, relaxation

 6. **Concentration (samadhi)**
The mind is focused, settled, steady and composed

The mind becomes unified around what we're concentrating on, one-pointedness of mind.

7. Equanimity (upekkha)

Balance, spaciousness, and non-reactivity of mind,
balance in the face of change, being aware of all phenomena w/o grasping or aversion
Sublime and extremely satisfying state of heart/mind

5) Notice in sitting practice and daily life when:

- any of the above states of heart or mind are present in your body, heart, mind. Even for a moment.
- any of the above they are not present even for a moment.
- Please be gentle with this exercise. We are starting slowly.

6) Please read daily, silently or out loud, The Five Hindrances:

- **Sense-desire:** wanting, lust or greed, craving-fantasy.
- **Aversion:** ill will, hatred, anger, fear, boredom, annoyance, irritation, impatience, judging-mind, guilt.
- **Sloth & torpor:** sleepiness, sluggishness, dullness, fogginess, lack of vitality.
- **Restlessness and worry:** anxiousness, agitation, nervousness, jumpiness.
- **Doubt:** Uncertainty, self doubt, skeptical doubt, uncertainty/indecision

A Gentle Hindrance Hint: How did-do we relate when these Hindrances arise in meditation & in our daily life? The best way is to relate with skillfulness is to recognize, know what is happening in the present, to be mindful. Simply acknowledge what the hindrance is that has arisen in this moment in your life, in your practice. If possible, touch them with your heart. To connect with tenderness or caring, to befriend the hindrance, do your best not to judge them.

HAVE FUN!!

6) Book & Guidelines: No reading this month Factors For Awakening - (for those who want a book) It can be found online here (in HTML, PDF, epub, mobi,etc.)

<https://www.dhammatalks.org/books/#FactorsforAwakening>

7) Agreed upon Guidelines for Yearlong Program. *Practicing the ways below, together, every month can support us in our everyday lives thru noticing our immediate reactions. Remembering that we have an opportunity to pause, check in, & choose how we respond.*

- **Show up. Pay Attention.** Speak your truth without blame or judgment. Let go of outcome and be open to outcome.
- **All perspectives are welcome here.** Notice your reaction to what is shared and have that be your practice in that moment.

- **Everything we do here is voluntary.** It is a courageous & generous act to share. It is a compassionate & generous act to deeply listen.
- **Speak about what's alive for you in this moment from your heart,** your own experience, refrain from intellectual or philosophical sharing or long story telling, notice if may be judging or blaming another's perspective. ***Is it possible to talk from a place of kindness and love?***
- **Notice what arises as you speak.** Are we in touch with what is true and alive or we wanting to impress, to feel important, to be liked?
- **Listen deeply; notice what arises within you** as you listen. Where do we go when someone says something we agree with? When we hear something that triggers us?
- **Please be lean of expression,** meaning be mindful to stay on point vs. going tangential. We are a large group, and it would be good to hear from as many voices as possible. WAIT "Why Am I Talking?"
- **If you've already spoken,** think twice before choosing to speak again as it would be good to hear from those who have not yet
- **Please refrain from offering advice** unless it is specifically solicited or unless you ask the person's permission.
- **Please honor confidentiality.** If you need to share with others out-side of this circle, please share from your own direct experience not that of other members in the sangha.-community

The next two were added from the workshop-chat (I changed the second one to fit the program)

- **Assume best intention from others.**
- **Share the learning you understood from the teachings & practices, not the personal story.**