

Seven Factors of Awakening –A Year Living These Treasures- Home practices #2

(Next class 3/8/24 at 6:00-8:30pm) . HAVE FUN with these practices!

Get to know the preciousness of this life, of this moment

- 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.** Experiment with not using apps. **Start your sitting practice** by calling to mind the qualities of Mindfulness:
Not forgetting what is before the mind in the present moment,
Presence of mind is standing near,
Remembering what is skillful, beneficial and what is not,
Close association with Wisdom through attention and clear comprehension. Listen to and be Mindful of whatever presents itself.
Also be Aware of any of the 4 Foundations of Mindfulness:
The body and it's sensations (Sitting-touch points, sounds breathing) **Or**
The feeling tone, texture of your experience (Pleasant, Unpleasant, Neutral) **Or**
The condition of the mind clarity, alertness, quietness, busyness, greedy or not greedy, angry or not angry, deluded, confused or clear and stable **OR** an activity of the mind thinking about past or future, **OR**
Mindfulness of the Dhammas or Laws of Nature-Any Factor of awakening* arising or any hindrance* arising. (*see end of home practices for the lists of them) You can also simply sustain a present moment attentiveness- to know what your experience is.
Ask: "What is being known right now? Is Mindfulness present right now or not? (laugh if not) Ask, "How can I connect with this quality of Mindfulness?"
- 2) **Walking Meditation:** Be Mindful when you are walking. Gently be aware of the feet making contact with the ground.
- 3) **Gratitude Practices:** Write down, 3 things you are grateful for each day. Can be anything. 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.
- 4) **Buddies and Groups:** Make contact with your buddies. Decide how you will work together, what day & time you will meet, how frequently (could be monthly, once a month, twice a month, every week) Decide zoom, phone call, etc. Take time to discuss the practices you practiced in this second home practice sheet. If you don't have a group, please let CIMC office know.
- 5) **Practice the Mindful activity you wrote in the chat-** Just one that you engage in daily—a simple, routine activity. Commit to integrating mindfulness into that activity every day. Such as: brushing one's teeth, taking a shower, driving, standing, eating, walking, (up & down stairs), lying down, etc. This activity is designed to help bring mindfulness into your daily life.
- 6) **Thanissaro Bhikkhu's book, Factors For Awakening, will be our shared text.**
<https://www.dhammatalks.org/books/#FactorsforAwakening> Please read the chapter, Factors For Awakening pages 1-8 and Mindfulness 9-12

First Home practice:

7) 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

8) Notice in sitting practice and daily life when: (Please be gentle with this exercise. We are starting slowly.

- 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.

9) 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.