

Seven Factors of Awakening –A Year Living These Treasures- Home practices #3

(Next class 4/12/24 at 6:00-8:30pm) HAVE FUN with these practices!

As you begin this month of practice- *Get to know the reciprocal relationship between the 5 hindrances and the 7 factors of Awakening. When any of the Hindrances are present, by definition the awakening factors are absent. The opposite is also true. When the awakening factors are present there is no room for the hindrances. The hindrances are absent. One simple way of understanding our practice is to nurture or let go-to release or let go, of the hindrances and to strengthen or cultivate the awakening factors. It is possible to be mindful of the hindrances as an object of meditation **Both in formal practice & daily life practice!***

Recollect that the awakening factors point to freedom-free from greed, hatred, delusion- We can experience that in clear moments when the hindrances are absent. Might be nano-seconds and those moments can begin to grow. **Ahh... Awakening is a verb, a process!**

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.

Recollect: Mindfulness helps us to see things as they are. Mindfulness deconditions the mind. In practice, we are meeting our past, our conditioning, our habits, tendencies-With Mindfulness we are meeting our conditioning & we are letting go. We are not reinforcing that which led to sorrow, agitation, worry, fear- instead nourishing awakening- Every moment of Mindfulness is a moment of awakening.

Start your sitting practice remembering your intention to be Mindful, the first factor

of awakening. **Ask:** “What is being know right now? Is Mindfulness present right now or not? (laugh if not) Is it possible to connect with any quality of Mindfulness? Any foundation of Mindfulness? With Mindfulness, begin to notice how the mind feels, when mindfulness is present. Perhaps, in getting to know a sense of awareness, alertness, presence, you might recognize a subtly pleasant quality of mindfulness. **HINT:** If a Hindrance arises- get to

know it And If what is arising is too difficult in this moment-open to your anchor or the 3 E's- eyebrows, earlobe, elbow. Sometimes it is skillful when something is very strong to put it aside, especially if you're willing to come back to it when there is more steadiness of heart and mind. It requires patience.

2) Walking Meditation: Be Mindful when you are walking. Gently 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 or Text them to your buddies.

4) Pause Meditation: (Several times in your day)

- Simply Pause
- Feel your feet on the floor
- Shift into relaxation-Soften muscles where you feel tension-
- Notice how the body feels,
- Widen attention over the entire body — Inhabit the body-
- Pay attention as if listening to body- and float the question, “What is happening right now?”
- Listen for the answer and let it go. Feel your feet on the floor.

5) Continue to Practice your Mindful activity of add another one in
– Just pick an activity 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.

6) Thanissaro Bhikkhu's book, Factors For Awakening, <https://www.dhammadalks.org/books/#FactorsforAwakening> Please read the chapter, pages 1-8 and Mindfulness 9-12 (**if you haven't already!**)

7) Please read daily, The Seven Factors of Awakening: Notice in sitting practice & daily life when any of the above states of heart or mind are present in your body, heart, mind.

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) Please get to know, The Five Hindrances:

- **Sense-desire:** wanting, lust or greed, craving-fantasy.
- **Aversion:** ill will, hatred, anger, fear, boredom, annoyance, irritation, impatience, judging- 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 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.