

Wise Livelihood: What is our true occupation?

Home Practices #1 (4/17/25)

- 1) **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).
- 2) **Gratitude Practice.** Call, text, or e-mail your buddies from the class, 3 things you are grateful for each day. Can be anything. Gratitude is the capacity to take delight in life, in this moment, here, now, in being alive! Gratitude is the ability to feel joy & wonder.
- 3) **Koan Questions: What is my true job? What is my true occupation? What is occupying my heart/mind right now?** Ask these questions a few times a day (or at least read them once a day). Pause, listen for the answers. If you wish, write them down.
- 4) **Please Reflect:** What is my attention like at work, when volunteering, at home, when engaged in tasks? Where am I awake? Where do I zone out? Take a fresh look at your life and what you do and how you spend your time and the quality of attention that you bring to your day. How do you occupy your heart and mind? What do you occupy your time and thoughts with? Where do you tend to dwell? ***Be gentle with yourself! We are learning to explore our lives and to grow in wisdom and compassion. To use our work, life, heart and the mind's occupations to grow consciousness. YEA!!***
- 5) **Remember Beginner's mind:** When we bring our practice into our work or life or where the heart and mind dwell, we take a leap out of that conditioned small mind into the freedom and generosity of the mind that is accepting, fresh, and full of possibility. This mind is the "Beginner's Mind."
- 6) **It is very important to be attentive to your body.** Show up for work, Show up for life-Show up for your heart-mind Be present-use breath, body to help *I invite you to explore the challenges and joys of work, life, where you occupy your heart and mind, where you dwell- Practice with Gentleness and I hope that you will experience a new understanding of yourself.*
- 7) **HAVE FUN!!**