

January Meditation & Commune-Tea Suggestions & Resources

I. Setting up a home practice

- A. Find the place and time that works for you
- B. Experiment with posture
- C. Try on-line guided meditations

- 1. Tara Brach's Audio Archives: <http://www.tarabrach.com/audioarchives-guided-meditations.html>

II. Explore talks on living compassion

- A. On Being's radio interview: <http://www.onbeing.org/program/thich-nhat-hanh-mindfulness-suffering-and-engaged-buddhism/74>
- B. Dharma Seed's audio archive of Donald Rothberg's DharmaTalk on Loving Kindness, Compassion & Forgiveness: <http://sr.dharmaseed.org/teacher/55/talk/26060/>

III. Practice Inner Resolutions

A. Mindfulness in daily life

- 1. Loving kindness moments (LKM's)
 - a) Wishing those driving around you arrive safely
 - b) Contemplate who brought the food to your plate and thanking them
- 2. Notice moments of ease & freedom
 - a) 3 breaths: realizing no toothache! May all beings be free of toothache
- 3. Notice blessings
 - a) 3 breaths - clean water! electricity! May all beings have clean water and light.

B. Loving kindness actions (LKA's)

- 1. Calling a friend or family - especially at times you wonder why they haven't called you!
- 2. Possibilities are endless!