

Embodying the Bodhisattva Path in These Challenging Times
February – June 2025
At-Home Practices

1. Practice to cultivate compassion in action

- Identify an area in your personal life or in the world to which you feel called to bring compassionate engagement. This could be providing support or care to a family member, friend, or a community member in need; engaging in social or political action in support of vulnerable individuals or communities; or another situation where you see suffering and make a commitment to alleviating it as best you are able.

Once you have chosen how to engage, endeavor to bring a quality of compassion and care, rather than relating to your engagement as a chore or burden or something you ‘should’ do.

As you engage, stay connected to your motivation. When you see yourself responding from an ‘I’ place, for example, with frustration, judging, or annoyance, or ‘I need to fix this,’ meet yourself with kindness and shift your view or way of seeing to a wider care for all beings, including yourself. Be clear with yourself and others about necessary boundaries and notice all that arises in your experience over time.

Keep a record of what you see and observe as you practice cultivating *bodhicitta*—an open awakened heart.

2. Bodhisattvas in personal and in public life

- Identify someone in your life—a family member, friend, acquaintance, teacher, or another individual in *your personal world*—who strikes you as embodying the qualities of compassion and care of a bodhisattva (irrespective of religion, tradition, living or dead...)
- Similarly, identify someone in *public life*, living or dead from any tradition, who inspires you as embodying the compassion and the wish to alleviate suffering of a bodhisattva.

In each of these, personal and public, learn as much as you can about the individuals and reflect on the person, their qualities, and why they inspire you.

We will continue to explore and discuss these two areas:

- 1) Compassion in action; and
- 2) Bodhisattvas in personal and public life

in the monthly sessions and in peer groups as the course proceeds and you are invited to prepare a short (1-2 pages) overview of your practice and experience. We will share these in the final session on June 8.