

IMCW Series: Embodying the Bodhisattva Path | Welcome Note

I'm glad you will join us on Sunday, February 9, 1:00 – 3:00 pm ET for the first class of the five-session (February to June, second Sundays) course, Embodying the Bodhisattva Path in these Challenging Times.

Note: Your Zoom link will arrive 15 minutes before the event starts. It will come from zoom.us. If you don't see it, search your inbox for zoom.us. To resend your link during class, [visit your event page](#) and look for the Resend Zoom Link button.

All sessions will occur on the second Sunday of the month from 1–3 pm. The schedule and themes of the classes are:

- Session 1 (February 9): Overview and Introduction to the Bodhisattva Path and the Beloved Community
- Session 2: (March 9): Overview and Introduction to the Bodhisattva Path: Foundation of Wisdom and Compassion; Qualities of a Bodhisattva
- Session 3: (April 13): Dr. Martin Luther King, Jr.: Inner and Outer Transformation, Creating the Beloved Community
- Session 4: (May 11): Alleviating Personal and Collective Suffering through the Transformative Practice of Tonglen
- Session 5: (June 8): The Bodhisattva Path to the Beloved Community: Conclusion, Review of at-home practices and intentions going forward

The schedule for Sunday sessions is approximately as follows (times are ET):

- Welcome/Checkin (5-10 minutes)
- Meditation (15 minutes)
- Talk (40 minutes)
- Mindful movement (10 minutes)
- Breakout groups or full group discussion (20 minutes)
- Areas of compassion in action/skillful practices (e.g., immigration; grassroots action; supports for practice) (15 minutes)
- Brief meditation, at-home practices, closing (10 minutes)

Peer Group Meetings: We are organizing peer groups of 7-8 participants and we encourage you to meet online once a month (or more, if you choose) to practice together, and share experiences on and off the cushion, including the at-home practices and resources. We will share more information on the suggested format and logistics in the first meeting and a separate message.

Meditation Practice: I'm also encouraging everyone, whether experienced or newer practitioners, to find time each for a period of meditation. Please see the [Readings and Resources](#) document for suggested practices and resources.

In keeping with the teachings we'll be exploring together, the emphasis of the course will be experiential, examining how these teachings and practices relate to our lives and how they can

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help us live with greater freedom and ease and move us naturally towards caring for the suffering of others and the awakening of all beings.

I'm grateful to Glen Harrison for managing the course and to Jodi Supanich for help in organizing, planning, and assisting in the course. Please feel free to contact Glen about issues of accessing the sessions and the materials shared; Jodi, for other issues regarding the course and the peer groups; and Hugh if you have questions about the content or teachings of the course.

I look forward to exploring the bodhisattva path together in the coming weeks.

Warmly, Hugh Byrne