

Embodying the Bodhisattva Path in These Challenging Times
March 9 – April 13, 2025

Practices for the Month

Readings

Session Two Readings & Resources:

- Rothberg, *The Engaged Spiritual Life*, Chapters 4 and 5, pp.73-110
- Thich Nhat Hanh, *No Mud, No Lotus*, Chapters 3 and 4, pp. 31-52
- Lion's Roar, "[Bodhisattva](#)" (Scroll down for seven additional short, helpful articles on the bodhisattva path)
- Gil Fronsdal, "[The Bodhisattva and the Arhat: Walking Together Hand-in-Hand](#)" (Insight Meditation Center)
- Pema Chodron, "[Unveiling the Spiritual Warriorship Within](#)" (Tricycle, Short video)

Part 1: Personal Practice

- Drawing from two exercises in the Rothberg book (also attached here on p 3-5 of this document), explore adding each of these to your meditation practice, one time each week, or more often as helpful:
 - **Guided Reflection on Opening to and Transforming Suffering** (p 90-91)
 - **The Practice of Lovingkindness** (p101-102)

Part 2: Guidance for Peer Group Meeting

Meeting in a peer group creates an opportunity to explore & reflect together on the bodhisattva path. Together you benefit from mutually sharing as well as gain a measure of inspiration.

Structure: We recommend that for each month's meeting you rotate the role of facilitator. During each month's meeting, you can decide who will facilitate (or feel free to create a schedule if you prefer). With 5 group meetings, not everyone in the group will be a facilitator. Time allotments are suggestions. Depending on the # of people, feel free to make adjustments.

Suggested Format for Second Group Session March 9 – April 13, 2025

Suggested Time	Topic	Notes
5	Meditation together (in silence)	Facilitator tracks time.
5	Review of the agenda	Facilitator walks through agenda. Group can suggest refinements/adjustments as needed.
4 mins/ person	Checking in. Each person shares: <ul style="list-style-type: none"> • What is alive for you in your Bodhisattva engagement? • What insights have arisen? Challenges? • How are you meeting these? 	Facilitator helps group decide on process (e.g., once each person finishes, they can hand it off to another person)
1	Pause to take in the group sharing.	
4 mins/ person	Group sharing on At-Home Practice #2: <ul style="list-style-type: none"> • Reflect on your experience with the Exercise of reflection on opening to and Transforming Suffering 	Facilitator reviews the At Home Practice: Guided Reflection on Opening to and Transforming Suffering
5	Review group logistics. Identify and confirm: <ul style="list-style-type: none"> • Date & time of next meeting • Zoom link to use • Facilitator 	
1-2	Closing Meditation	