

# Embodying the Bodhisattva Path in These Challenging Times

April 13 – May 11, 2025

## Practices for the Month

### Readings

#### Session Three Readings & Resources: April 13 – May 11, 2025

- Donald Rothberg, *The Engaged Spiritual Life*, Chapters 6 and 7, pp.111-148
- Thich Nhat Hanh, *No Mud, No Lotus*, Chapters 5 and 6, pp. 55-81
- Tara Brach [\*Freedom from Inner and Outer Tyranny: The Path of Spiritual Warriors\*](#) (Dharma Talk on YouTube, 2025)
- [\*A Time for Bodhisattvas\*](#) (Lion's Roar, 6 November 2024)
- Hugh Byrne, [\*The Bodhisattva in Difficult Times\*](#) (Dharma Talk, Insight Timer, 31 January 2018)

#### Part 1: Personal Practice

- Gil Fronsdal's 2025 series featuring samadhi practice offers helpful support. Explore the guided meditations (and talks as inclined):  
<https://www.audiodharma.org/series/22033>
- Continuing from class, explore **self-stewardship** as an essential component of the Bodhisattva path. What are specific ways you can "fill your well" so you have the capacity and resilience to be of service? Are there any rituals or routines that might (or already do) support your intention to cultivate physical, mental and spiritual/energetic capacity and resilience?

#### 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.

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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 April 13 – May 11, 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"> <li>• What is alive for you in your Bodhisattva engagement?</li> <li>• What insights have arisen? Challenges?</li> <li>• How are you meeting these?</li> </ul>	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 #3. Suggested topics? <ul style="list-style-type: none"> <li>• Share on your exploration of self-stewardship as an essential element of the Bodhisattva path.</li> <li>• Reflect on how your meditation practice, or another practice helps with cultivating steadiness &amp; balance, especially when you feel off balance.</li> <li>• Share on whether there is a particular reading or talk that you resonate with.</li> </ul>	Facilitator reviews the At Home Practice on page 1.
5	Review group logistics. Identify and confirm: <ul style="list-style-type: none"> <li>• Date &amp; time of next meeting</li> <li>• Zoom link to use</li> <li>• Facilitator</li> </ul>	Facilitator
1-2	Closing Meditation	Facilitator

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## **One Heart Grace**

Written at Green Gulch, September 25, 1996, Norman Fisher.

*A meal grace originally written for the Zen Hospice Project, but suitable for home use.*

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As we make ready to eat this food  
we remember with gratitude  
the many people, tools, animals and plants,  
air and water, sky and earth,  
turned in the wheel of living and dying,  
whose joyful exertion  
provide our sustenance this day.

May we with the blessing of this food  
join our hearts  
to the one heart of the world  
in awareness and love,  
and may we together with everyone  
realize the path of awakening,  
and never stop making effort  
for the benefit of others.

<https://www.normanfisher.org/poems-all/one-heart-grace>