Embodying the Bodhisattva Path in These Challenging Times
Practices & Peer Group Guidance for the Month

Session Four Readings & Resources: May 11 – June 8, 2025

Readings

- Donald Rothberg, *The Engaged Spiritual Life*, Chapters 8-10 and the Conclusion, pp.149-212.

- Thich Nhat Hanh, *No Mud, No Lotus*, 'Practices for Happiness,' pp. 83-124.

- Gil Fronsdal, *'The Bodhisattva and the Arhat: Walking Together Hand-in-Hand,''* (Insight Meditation Center, from 2011 issue of 'Inquiring Mind).

- Roshi Joan Halifax, '*Aspects of the Bodhisattva Ideal*,' (Upaya Zen Center, 13 October 2024).

- 'Inner' and 'outer' practices on the Bodhisattva Path: videos that help tell the story of Palestinian protest leader at Columbia University, Mohsen Mahdawi, a Buddhist practitioner and green card holder. He was arrested based on false accusations of antisemitism, threatened with deportation, and subsequently released due to focused grassroots and legal pressure opposing the government's actions:

    ♦ Detention: [Detained Columbia student said he feared appointment to be a U.S. citizen was "honey trap"](#) (CBS Mornings, 16 April, 2025); [Pre-detention interview](#) with Mohsen Mahdawi (CBS Evening News, 16 April, 2025--17 mins)

        ▪ Protests and Release of Mohsen Mahdawi: https://www.youtube.com/watch?v=V9p_0gE-igE (Democracy Now, 21 April 2025—6 mins).

        ▪ Release of Mohsen Mahdawi: CBS ["Mohsen Mahdawi's message to Trump: "You will not silence me."](#) (CBS Morning News, 6 mins);

        ▪ Mohsen Mahdawi's Post-release speech: https://www.youtube.com/watch?v=Xic6ZoYRg_c (Vermont Public, 30 April 2025—9 mins)

Part 1: Personal Practice

a) Explore including Tonglen as part of your formal meditation practice and informally in daily life. You can use Jodi's recorded guidance if helpful and/or written guidance for practicing Tonglen. You can find **those and other Tonglen resources here**.

b) Set your intentions going from Bodhisattva Path program. Read Rothberg's Concluding Chapter, **"Finding Our Individual Directions, Discerning Our Next Steps,"** pages 205-212, to support your reflection.

   ♦ Engage with the **Exercise: Listening for Your Calling**, page 209.
   ♦ Engage with the **Exercise: What Are Your Next Steps**, p 210.
   ♦ For both exercises, journal your responses for sharing your intentions in final regular session on June 8.

Part 2: Guidance for Peer Group Meeting

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). Time allotments are suggestions. Depending on the # of people, feel free to make adjustments.

NOTE – Please **review both Exercises in the Rothberg Concluding Chapter noted above** prior to your Peer Group meeting:
   ♦ **Listening for Your Calling**, page 209.
   ♦ **What Are Your Next Steps**, p 210.

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.

3 mins/ person	Checking in. Each person shares: • What is alive for you in your Bodhisattva engagement?	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.	
5 mins/ person	Group sharing on At-Home Practice #4. Suggested topics? • What is coming up for you as engage with the two exercises within the framework of the bodhisattva path, "Listening for Your Calling" and "What Are Your Next Steps?" • Have you incorporated Tonglen either into your formal practice – or informally into daily life? • If so, what are you noticing?	Facilitator reviews the At Home Practice on page 1.
5	Review group logistics. Identify and confirm: • Date & time of final meeting • Zoom link to use • Facilitator	Facilitator
1-2	Closing Meditation	Facilitator