

# Ideas for Communicating Triratna's System of Practice

Compiled by Mokshini and others



	<b>Integration</b>	<b>Positive Emotion</b>	<b>Spiritual Death</b>	<b>Spiritual Rebirth</b>	<b>Spiritual Receptivity</b>
<b>New comers</b> <i>Concepts</i>	<ul style="list-style-type: none"> <li>Four foundations of mdf and/pr Bhante's four dimensions – to get to think of awareness</li> <li>Communicate what integration is</li> <li>Talk in terms of authenticity/congruency/interest – not rewarding 'good meditations'</li> <li>Teach the five spiritual faculties</li> </ul>	<ul style="list-style-type: none"> <li>Karma in context of ethics = Five Precepts</li> <li>Talk about ethics</li> <li>Talking about brahmaviharas earlier</li> <li>Talk about friendship, talk about kindness</li> <li>Emphasis on community and value of practicing with others</li> <li>Teach the five spiritual faculties</li> </ul>	<ul style="list-style-type: none"> <li>Talk about letting go of unskillful habits</li> <li>Talk about changing habits</li> <li>Talk about change/transformation</li> <li>Three lakshanas – espec dukkha - mention it regularly;</li> <li>Need to find accessible language/term for 'spir death'</li> <li>Interconnectedness – letting go of 'me' and 'mine'</li> <li>Five spir faculties</li> </ul>	<ul style="list-style-type: none"> <li>Talking about Awakening</li> <li>Buddha and archetypes</li> <li>Vimeo Mark Williams – mdf – school of life</li> <li>Talk of 'freedom'</li> <li>Encouragement of positive states of mind</li> <li>Talk about Four Right Efforts esp 'Developing'</li> <li>Incorporating ritual from the very beginning</li> <li>Five spir faculties</li> </ul>	<ul style="list-style-type: none"> <li>Acceptance , allowing</li> <li>Stopping and relaxing</li> <li>Talking about med as being receptive to our experience</li> <li>"Meditation is about getting to know our mind, our actual experience"</li> <li>Talk about openness, just sitting</li> <li>Teach breadth and focus</li> <li>Five spir faculties</li> </ul>
<i>Attitudes</i>	<ul style="list-style-type: none"> <li>Act and speak mindfully</li> <li>Congruency, authenticity, interest</li> <li>Not rewarding 'good meditations'</li> <li>Taking time to explore an issue fully and hear all voices</li> </ul>	<ul style="list-style-type: none"> <li>Be friendly, non-dogmatic and encouraging</li> <li>Being welcoming and encouraging</li> <li>Be generous</li> <li>Exemplify friendship by working in a team</li> <li>Showing positive self-regard</li> <li>Rejoicing in my own and other's merits</li> <li>Looking at people – noticing them</li> <li>Show faith in other's good intention</li> <li>Make a point of working /teaching in teams to exemplify friendship</li> </ul>	<ul style="list-style-type: none"> <li>'confessional' – giving personal stories</li> <li>Being approp. 'challenging'</li> <li>Being less attached to sense of self; admitting faults, apologizing easily,</li> <li>Being open to what people say – not being reactive</li> <li>Talk about death and loss</li> </ul>	<ul style="list-style-type: none"> <li>Exemplifying reverence on the shrine room</li> <li>Turning to the Buddha</li> <li>Being appreciative, showing gratitude, and devotion</li> <li>Not being shy about communicating we want to emulate the Buddha and the we believe in our potential for change and Waking Up</li> <li>Not being afraid of being idealistic</li> </ul>	<ul style="list-style-type: none"> <li>Being receptive to what new people have to say</li> <li>Being interested in them, taking them seriously</li> <li>Really listening</li> <li>Expressing our appreciation for virtue/beauty/goodness/ Truth</li> <li>Not being afraid of being idealistic</li> <li>Exemplify just sitting around sometime doing nothing!</li> </ul>
<i>Practices</i>	<ul style="list-style-type: none"> <li>Mindfulness of body, thoughts, vedana, emotions</li> <li>Mdf walking</li> <li>Mdf movement – chi gung, yoga,</li> <li>"Mindfulness circuit": tasting, smelling, drawing, listening, touching, just sitting – for 5 mins each</li> </ul>	<ul style="list-style-type: none"> <li>Metta bhavana: but can we explore how to teach this more effectively? Common feedback is that people find this difficult.</li> <li>Rejoicing in merit</li> <li>Encouraging peer friendship</li> <li>Communication ex;</li> </ul>	<ul style="list-style-type: none"> <li>Noticing beginning and end of breath and constant change</li> <li>"each inbreath a new beginning, each outbreath a letting go"</li> <li>Anapanasati Sutta</li> <li>Communication exercise</li> <li>This week do one thing different to what you normally do. 'I'm the kind of</li> </ul>	<ul style="list-style-type: none"> <li>Threefold puja</li> <li>Dedication ceremony</li> <li>Simple visualization of the Buddha (e.g. from 'Meeting the Buddhas')</li> <li>Can we provide more experiences of pujas in large numbers – say at festivals?</li> <li>Ask them to reflect on vision – what brought them</li> </ul>	<ul style="list-style-type: none"> <li>Have a tea break in silence</li> <li>Listening exercise</li> <li>Introduce just sitting in terms of 'just settling down', 'just waiting', just listening right from the start etc</li> <li>Awareness of vedana without trying to change anything</li> <li>Sitting in silence with a cup</li> </ul>

	<ul style="list-style-type: none"> <li>• 'work as practice' – mindful work</li> <li>• Voice work, chanting?</li> <li>• Awareness of sounds/senses</li> <li>•</li> <li>• Emphasize practice as a truthful turning towards ones experience</li> </ul>	<ul style="list-style-type: none"> <li>• 'do one generous act in the week and notice how you feel'</li> <li>• Asking people as home practice to look at people/go on a bus</li> <li>• Noticing feeling in the body</li> <li>•</li> <li>• Introduce chanting/devotional practice – as a vehicle for positivity</li> </ul>	<p>person who...' - challenge it! Change one habit this week and notice how it feels</p> <ul style="list-style-type: none"> <li>•</li> <li>• Discussion</li> <li>• Noticing change</li> <li>• explore metta as spiritual death</li> <li>• led reflections on the three lakshanas</li> <li>• use of inquiry</li> </ul>	<p>here? What have they liked?</p>	<p>of tea reflecting on a question</p> <ul style="list-style-type: none"> <li>• Introduce ways of reflecting after a meditation</li> <li>• Do a 'receptivity metta bhavana'</li> <li>• 'doing nothing practice'</li> <li>• Listening as a practice</li> <li>• Make sure we teach breadth as well as focus</li> <li>• Teaching drop-ins in terms of 'turning towards our experience' rather than only focusing in the breath</li> </ul>
<p><i>Symbols Stories, metaphors, images, symbols, sound, etc</i></p>	<ul style="list-style-type: none"> <li>• Descriptions of the four dhyanas?</li> <li>• Image of horizontal and vertical integration</li> <li>•</li> <li>• Poems:?</li> <li>• Telling my own stories of my journey</li> </ul>	<ul style="list-style-type: none"> <li>• "talk in pairs about qualities that inspire you"</li> <li>• "Bring people to mind that you love and experience how you feel"</li> <li>• Tea breaks and talking</li> <li>•</li> <li>• More full moon pujas</li> <li>• Use of poems, chanting, rituals, simple devotional practice</li> <li>•</li> <li>• Stories of the Buddha's life</li> <li>•</li> <li>• Case of Dysentery/Anuruddha/Kisagotami/Ananda/</li> <li>• Share personal stories</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Poems – The Journey/ In Blackwater Woods M Oliver</li> <li>•</li> <li>• Autobiography in 5 chapters</li> <li>• Story of Kisagotami</li> <li>•</li> <li>• Wheel of Life</li> <li>• Bahiya of the bark garment</li> <li>•</li> <li>• Personal stories</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Tell the life story of the Buddha</li> <li>• Espec the 'Four Sights' = our existential qs</li> <li>• Or the rose-apple tree</li> <li>• And other stories from the Buddha's life</li> <li>• Set the CONTEXT of our practice early on: give 10 minute talk about Bhante and, how he came to do what he did and how the movement started in first or second week of med course; so it's clear we don't 'just teach meditation'</li> <li>• Share the symbol of the 1000armed AK as the symbol of the order</li> <li>• Personal stories from OMs and mitras leading classes – 'Why I am a Buddhist'; or 'How I got involved in Movement' - personal journeys</li> <li>• 'Talk in pairs about qualities that inspire you' – use as intro to Buddha's qualities</li> <li>•</li> <li>• Ask them to reflect on vision -what brought them here? What did they like?</li> <li>• Poems The thread you follow/Stafford</li> <li>• Ask – why have you come along?</li> <li>• Use of images – what draws us, inspires us?</li> </ul>	<ul style="list-style-type: none"> <li>• Story of Ajatasattu in the forest with the 500 monks</li> <li>•</li> <li>• Symbol of the lotus</li> <li>•</li> <li>• Being in nature, on the beach, on the Downs</li> <li>•</li> </ul>

<b>Regulars</b>		<ul style="list-style-type: none"> <li>• Relating metta to insight</li> <li>• Do we do enough to keep inspiration and confidence alive?</li> </ul>	<ul style="list-style-type: none"> <li>• Parinirvana Theme</li> <li>• Lakshanas</li> <li>• Practicing 'just sitting'</li> <li>• Realizing what we are attached to – views/identity/'I'</li> <li>• Four Reminders</li> <li>• Poems on impermanence</li> <li>• Stupa visualization practice</li> <li>• Exemplify and communicate a genuine openness to the Truth</li> <li>• Letting go of identification with any particular opinion and personal preferences</li> <li>• More talking about the inevitability of death</li> <li>• More emphasis in practice on the impermanent nature of pos and neg vedana</li> <li>• The Four Reminders</li> <li>• Introduce confession/benefit of admitting faults</li> </ul>	<ul style="list-style-type: none"> <li>• "what would you like to achieve in your life"</li> <li>• "What do you want people to say at your graveside?"</li> <li>• Given that death is inevitable, what will really matter in your life in the end?</li> <li>• Reflecting on qualities of Buddhas and Bodhisattvas, heroes and heroines</li> <li>• Five Buddha Mandala and other bodhisattvas</li> <li>• Have pujas dedicated to bodhisattvas</li> <li>• Speak in terms of altruism (eg in context of TBRL)</li> <li>• Bring in the bodhicitta early and what we are trying to achieve</li> <li>• Never losing sight of the greater good</li> <li>• Include art, nature, music, poetry as part of the Path</li> </ul>	<p>Teaching reflection – using Ratnaguna's 6 pointers; ie</p> <ul style="list-style-type: none"> <li>• Pause</li> <li>• Relax</li> <li>• Open - these come together. Then:</li> <li>• Trust emergence: <u>trust it</u></li> <li>• Listen deeply</li> <li>• Speak the truth</li> </ul> <p>building this into day retreats etc more frequently</p> <ul style="list-style-type: none"> <li>• Allowing silence, a sense of 'waiting'</li> </ul>
<b>Mitras</b>	<ul style="list-style-type: none"> <li>• Being aware of people when leading study</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Being warm and enthusiastic in study</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Bhante's poem "the six elements speak"</li> <li>• Reflection on "The Five things everyone should reflect on"</li> <li>• Making much more of the Three Lakshanas and making more conscious that we want to recognize them in our experience, make them more part of our language</li> </ul>	<ul style="list-style-type: none"> <li>• Review of dharma training course - greater connection to the Buddha, and things from Bhante's paper on what is the WBO?</li> <li>•</li> <li>• Make pujas and collective events a regular feature of one's practice</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• The reflection and insight module on dharma training course</li> <li>•</li> <li>• Include spaces for reflection on practice days</li> <li>•</li> <li>• Be open to and highlight when we see virtue and goodness and beauty on others</li> </ul>

<b>Ordination training</b>	<ul style="list-style-type: none"> <li>Practice: led reflection on letting go of views</li> <li>Working on 'integrating with reality'</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Led reflection on 'letting go of views'</li> <li>Confession</li> <li>Revive Nidana Chain reflection</li> <li>Exemplify being open about faults and failures and not identifying with them</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
<b>Order members</b>	<ul style="list-style-type: none"> <li>Still working on integration....</li> <li>Integration with true nature of reality</li> <li>Do we exemplify integration and/or mindfulness??</li> </ul>	<ul style="list-style-type: none"> <li>Large pujas on conventions and NOWE</li> <li>Rejoicing, encouraging each other, sharing</li> <li>Generosity – sharing our inspiration</li> <li>Teaching in teams at Centres/retreats etc</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Confession</li> <li>Explore spir. death in chapter</li> <li>Regular practice of Six Elements/Reflection on the "Five facts"</li> <li>Need more input from experienced practitioners</li> <li>Need more emphasis on practice of 'enquiry'</li> </ul>	<ul style="list-style-type: none"> <li>Do we talk enough about our ideals and our vision as an Order?</li> <li>Coming together at Conventions</li> <li>Exemplify 'shrine room etiquette'</li> </ul>	<ul style="list-style-type: none"> <li>Opening to the Buddha</li> <li>The blue sky</li> <li>Reflection on the Buddha</li> <li>More time spent in reflection</li> </ul>