

Youth Sangha

5/28/19

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Book: *8 Mindful Steps to
Happiness: Walking the
Buddhas' Path* (Bhante
Gunaratana)

Overview: Intro chapter



Considerations for the evening

Introduction—Questions

What do I need to do immediately to create an atmosphere for mindfulness to develop in my life? (e.g., turn off my cell phone during different parts of the day, reduce my time texting, reduce my task list, reorganize and simplify my life, reduce my time with video games, reduce my time with television– in short reduce distraction)

What body practices would encourage me to be more mindful in grounding me in my daily life? (e.g., formal walking meditation, taking a yoga class, mindfully walking in nature, mindfully riding my bike, mindfully riding my skateboard, mindfully riding my roller blades, one minute mindfulness-breath)

Remember: The 8 fold path is one of gradual development ... The process begins at any point, at any time...You start where you are and move forward step by step. (p. 10)

Considerations & Links for dharma talks

Considerations from the introduction chapter:

- What happiness is and isn't
- The trap of unhappiness (the strawberry pie)
- Gradual training
- Supports for practice (Simplify your life, exercise self restraint, cultivate goodness)
- Begin a practice of mindfulness (meditation)

Audiodharma (Eight Fold path dharma talks)

<https://www.audiodharma.org/talks/?search=the+eight+fold+path>

(Particularly Gil Fronsdal “Power and worthiness” Dharmete, as well as his other talks)

Dharma Seed (Eight fold path dharma talks)

<https://dharmaseed.org/>

(Particularly Kate Munding, Annie Nugent, Deborah Rattner Helzer, Larry Yang)