

Welcome, anyone here for the first time? Welcome to our new home in this beautiful inter-faith space. I'm Linda Graham, frequent guest teacher when Rick Hanson is away, as he is this month of August in Australia. Will introduce Sylvia Boorstein in a moment. Sign up sheets in the back if you want information about this sitting group.

\* \* \* \* \*

I like the experience that the paramita of generosity so often flows out of gratitude. The cycle of receiving and giving back.

*A hundred times every day I remind myself that my inner and outer life depend on the labors of other men, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving.*

*- Albert Einstein*

And that this cycle of receiving and giving so naturally opens the heart to all the other paramitas:

THE SUN NEVER SAYS

Even after all this time  
the sun never says to the earth,  
"You owe me."

Look what happens  
with a love like that –

it lights the whole world.

- Hafiz

Last week Rick taught about seeing the being within the body, i.e., seeing someone's true nature underneath their form and their personality. It segues: one of the most generous things we can give another is to see, and help them see, their own true nature. And how practice supports that.

\* \* \* \* \*

I'll introduce Sylvia Boorstein now. Beloved teacher at Spirit Rock and well-known author and teacher worldwide. I first met Sylvia exactly 14 years ago today, my first time ever at Spirit Rock, I went to her Wednesday morning class, an early morning because it was a precepts morning, and within five minutes knew I had found my spiritual home. I've stayed ever since, deepening in wisdom and compassion, I hope, deepening in a resonant friendship with you on the dharma trail.

\* \* \* \* \*

Exercise in with a partner to explore the True Nature in ourselves, in others, that supports generosity and community.

Turn to your partner. Simply gaze into your partner's eyes, allowing your self to see in them the nobility of their true nature. Their innate goodness and radiance of their being, and silently wish them well, sending them expressions of loving kindness: may you know the deepest happiness, may you have ease of mind and heart, and let yourself know that your partner is sending you expressions of loving kindness as well. Taking in that kindness.

Then allow your awareness to shift. Imagine what human sorrows your partner might have experienced in their journey, what losses, what griefs, what pain of the human condition. Silently begin to send them expressions of compassion: May your sorrows be held in loving awareness, may your sorrow ease, may you feel my care for your suffering. And let yourself know that your partner is sending you compassion for your sorrow and suffering as well. Let yourself take in that care and compassion.

Then allow your awareness to shift. Imagine what human joys your partner may have experienced in their journey. What accomplishments and competencies they might have achieved. What blessings of abundance and love they might have experienced on their journey. And silently begin to send them expressions of sympathetic joy, happiness for their happiness. May you fully delight in your delight; may you feel your joy deeply. And allow yourself to know your partner is sending you expressions of joy in your joy as well. Let yourself take in the sweetness of their joy in your joy.

Then allow your awareness to shift again to expressing wishes for calm abiding to your partner, wishes for equanimity: Whatever happens on your journey, may you perceive and respond to it with a calm ease of mind and heart. May you have deep inner peace. And allow yourself to know your partner is sending you expressions of the wish for equanimity, for calm abiding for you as well. Let yourself take in the calming energy of their well-wishing.

Allow your awareness to shift one more time to simply being in your own being, noticing whatever is going on for you right now. Awareness of your inner experience, and awareness of your awareness.

\* \* \* \* \*

I honor the place within you where  
The entire universe resides.  
I honor the place within you of love and light,  
Of peace and truth.  
I honor the place within you where,  
when you are in that place in you  
and I am in that place in me,  
there is only one of us. - Mahatma Gandhi