

## June Homework

To continue our investigation of 'Worldly Dharma' we will begin at home looking at our relationship to family and friends. With the readings, reflections and meditations we hope to encourage the principles and practices of dharma to permeate our lives.

### Readings

Dharma Duty / Care of Family

Readings:

Digha Nikaya #31 Sigalaka Sutta Re-read the duties of parents to children, children to parents, employer to employees (master to servant). (this was handed out at the retreat)

Majjhima Nikaya #143 Anathapindika Sutta

Teachings of the Buddha, (Sutta Vinaya) Tending the Sick pg. 110-111

Voices of Insight, Ed. S. Salzberg, Parenting by Jack Kornfield, pg. 240-252

### Reflections

Consider your own family situation. If you have children what is your best way to fulfil dharma practice with them?

If you have aging parents, look at Jack's article prescription for parenting young children and consider how to best apply the same principles to our parents.

Consider the same question for other family members in your life.

1. What is the hardest aspect of family for you?  
How could you learn to be more skillful? Free?
2. What moral questions arise dealing with your family?
3. What Brahma Vihara do you need to develop most in relation to your parents? Children? Siblings? Etc.
4. What family karma / situation would you like to ask your sangha friends advice / help with?

Consider the Anathapindika Sutta teachings-- Are they relevant to your aging parents? To your self now? In the future? How can you best apply them? How could they be misused?

If your parents have died consider helping another person with aging parents with what you have learned.

### Meditation:

Practice seeing the sick/aging people close to you as the Buddha. At the end of each sitting bring up one or more family members and for the next month do a Brahma Vihara practice for them:

Week 1) Loving kindness,

Week 2) Compassion

Week 3) Joy

Week 4) Equanimity