

International Practice Week 2018



Guide to Joining in Online

International Practice Week 2018: Turning Arrows into Flowers

Saturday 22nd – Saturday 29th September

Here is a suggested programme for the week, using Yashobodhi's talks as a basic structure.

Saturday 22nd September:

Talk 1: Introducing the Seven Point Mind Turning and the Four Reminders

[Watch](#) | [Listen](#) to Yashobodhi's talk

To help you engage more fully with the week it is worth spending a bit of time reflecting on what you would like to get out of it and then make a clear and realistic intention for the week. This will help you stay focused when life becomes busy or your motivation starts flagging! It can be useful to think in terms of a general vision, then breaking it down into achievable targets (such as meditating every day, checking in with a friend etc) but also considering things that are likely to prevent you from sticking to your intention - and what you can do to prevent this.

A little bit of ritual can also be helpful to set the scene - and tune you into your vision.

[Here is the text for the Dedication Ceremony](#) (from the 2015 Urban Retreat)

Sunday 23rd September:

You may wish to consider making a bit of time for more intensive practice (this could happen later in the week if there's another day that works better for you).

So for example, you could set aside the day or morning for meditation practice and/or reflection on Seven Point Mind Turning Reflections.

[Here are Yashobodhi's notes on the Seven-Point Mind Turning Reflections](#)

If you are new to meditation you can find some useful [introductions to meditation and led meditations](#) on Free Buddhist Audio as well as some [notes on meditation posture](#).

If you have more time and would like to do further explorations on the theme you could check some of these out:-

- [Listen to some talks on the 4 Reminders](#)
- [Eight Verses for Training the Mind](#)

Monday 24th September:

There are three shorter talks (under 15 minutes each) which you could listen to all at once or throughout your day so to keep you in tune with the themes.

Talk 2: What is the Bodhicitta?

[Watch](#) | [listen](#) to Yashobodhi's talk

Training in Absolute Bodhicitta
[Watch](#) | [listen](#) to Yashobodhi's talk

Training in Relative Bodhicitta
[Watch](#) | [listen](#) to Yashobodhi's talk

The International Practice week is inspired by the Buddha, and, in particular, the image of the him on the cusp of his Enlightenment, at the point when Mara attacks him with all the weapons he can muster but the Buddha sits in complete peace and openness; the arrows from his opponents drift down around him as flower petals. So you may wish to dwell with that image while chanting the mantra of the historical Buddha - the Shakyamuni mantra.

Here is a selection of mantras for you to choose from:
[Shakyamuni mantra](#)

Tuesday 25th September:

Talk 3: Transforming Adversity into Awakening
[Watch](#) | [listen](#) to Yashobodhi's talk

The third day on any retreat is often when difficulties or distractions start to arise! This is a good point to tune in again with your resolution you made at the beginning of the week and recommit yourself to the vision you have for the week. You may wish to mark your resolve by doing a puja (devotional ritual).

If you are new to puja here is [a talk by Subhuti introducing to Buddhist Puja](#) (exploring value of Buddhist puja)

[Here is the text for the threefold puja](#)

Wednesday 26th September:

Talk 4: Making Our Whole Life a Life of Practice
[Watch](#) | [listen](#) to Yashobodhi's talk

Today you could try and do more meditation - perhaps an extra sit (even if for a few minutes) - but also focus on bringing your practice off the cushions. This could involve [chanting the refuges and precepts](#) at the beginning of your day and being more conscious to behave ethically throughout your day, introducing a mindfulness bell (a random bell you set on your phone that you use to remind yourself to come back to your intention for the week), be more generous etc. Try to see that your whole day - work, meals, commuting - is part of your Dharma life.

Thursday 27th September:

Talk 5: How Do We Know This is Working?
[Watch](#) | [listen](#) to Yashobodhi's talk

You could make a bit of time to reflect on your day and where the seven-point mind turning reflection could be (or has been) of use. You could do some journalling or simply tell a friend.

Friday 28th September:

Talk 6: What are We Committed To?

[Watch](#) | [listen](#) to Yashobodhi's talk

Again ritual often has the magical properties of poetry or art: it can speak to parts of your experience that concepts do not reach. You may like to make time to do a longer puja - the Sevenfold puja.

[You can listen to an introduction to Sevenfold puja](#)

[Text of Sevenfold Puja](#)

Saturday 29th September:

Talk 7: Guides to What Actually Works (and Concluding Thoughts)

[Watch](#) | [listen](#) to Yashobodhi's talk

The week is drawing to an end! It is always useful to dwell on any benefits you have received from the week. Perhaps you would like to make a few changes to your life - such as less time checking your emails, or 'doing nothing' for ten minutes each day - so you may wish to write these down and keep them by your bed or on your fridge as a reminder! Also telling other people can be helpful as they can remind you if you forget!

Remembering that we can dedicate our practice to all living beings you may wish to finish the week with a ritual of Transference of Merit and Self-Surrender (the last section in the [Sevenfold puja](#))

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