

Generosity, morality, and mettā are the Buddha's on-ramp to the Buddha's 8 Fold Noble Path. This was his first primary teaching before mindfulness and meditation. These are the practices that he offered to the lay community to bring more peace and joy into their lives.

Here are 3 reflections on generosity that I want to offer with the hope that you avoid the trap of self criticism of not being or doing enough.

Reflect on the giving that you've already been doing—to housemates, children, teachers, social causes—notice the felt experience of generosity-how does it feel in the body?

Reflect on aspects of your morality that lead to more safety for others, like not stealing, killing or lying and notice how practicing these morality factors is felt in the body.

Reflecting on the practice of friendliness (metta). Where and towards whom do you currently feel warmth and care? How do these qualities of friendliness and care live in your body?

I invite you to share this experience of recognizing these caring qualities and touch into our basic goodness of caring for another's safety and well being. Notice the effects of these practices of generosity on your sense of well being.

As a practice over the coming week, reflect on possibilities of generosity and notice where you are already being generous.

As a practice, think about one aspect of morality that might help another to feel safe, like not speaking harshly or falsely. Then, as a practice, include at least one other person or being as an act of friendliness. These reflections were inspired by reflections that Gregory Kramer offered from his study of Theravadan Buddhism