



Wildland Firefighter's Monthly Practices

August 2023

Practice #6, August 2023

1. Breathe! You are alive
- 2 Present moment wonderful moment
- 3 Sitting meditation/ thinking less
- 4 Walking meditation
- 5 The river of feelings / transforming feelings /anger
- 6 Friendship/ community
- 7 What's not wrong ?
- 8 Meditation on compassion/love
- 9 Looking deeply/nourishing awareness
- 10 Interbeing/ living mindfully

From Chris:

Friendship and Community as Practice

Thich Nhat Hanh in Peace Is Every Step, The Path of Mindfulness in Everyday Life, reminds us of the importance of investing in friends;

Investing in a friend, making a friend into a real friend, building a community of friends...we will have someone to lean on, to come to, during our difficult moments...

If we have a good community of friends, we are very fortunate. To create a good community, we first have to transform ourselves into a good element of the community...

We have to think of friends and community as investments, as our most important asset. They can comfort us and help us in the difficult times, and they can share our joy and happiness...

Begin this practice by being a good friend with yourself. Bring a tender, and caring curiosity to your self and sincerely ask, 'How are you?'

Listen deeply and receive whatever arises with openness, compassion and non judgment.

If discomfort, fear, anger or negative emotions are there, meet it as you might a friend who is hurting. Practice not pulling away, or rushing in to try to change or fix the state of mind or feeling. You might invite yourself to practice breathing in and out, feeling your body in contact with the earth. Walking meditation can be very helpful when it is difficult to stay with what is arising. You could put your hands over your heart and bring a warm and kind attention to yourself and wish yourself well.

Please notice if in response to your kind inquiry there is a simple feeling of contentment or ease or happiness. Meet the experience with receptivity and gratitude. Stopping and appreciating , befriending each moment with a sense of felt connection and wonder is the heart of practice.

The ongoing practice of investing in and taking care of ourselves naturally begins to extend to our friendships and communities. We can ask silently or out loud to others , 'How are you?'. Listening deeply it becomes natural to extend the wish for the happiness,

wellness and safety to those nearby, and to the community of people, animals, and plants around you and beyond - as you simultaneously wish the same for yourself.

May you and all beings be happy and well and safe!

Find the Audio Practice [HERE](#).