

A person with long hair, seen from the back, is sitting on a rocky ledge. They are looking out at a mountain range under a soft, hazy sky, likely at sunset or sunrise. The person is wearing a dark jacket and a beanie. The overall mood is contemplative and peaceful.

Journal

for Daily Practice

Communities of Practice 2022

Welcome to your Daily Practice Journal!

As students of the Shakyamuni Buddha and also Buddhas in all the ten directions, we make the sacred vow of practicing the teachings every day, with the goal to eventually awaken ourselves and to access our intrinsic luminous nature.

For us to achieve a human physical existence in this life, is both a cause for celebration and a cause for regrets. We celebrate because the human life has a lot more opportunities that allow us to embark on the path towards awakening than the other realms. We express regret as to why we still have not attained Anuttara-samyak-sambodhi or the unexcelled complete enlightenment.

However, this is not the time for self-criticism nor self-demoralisation. This is the time to acknowledge the reality that we are all in right now. It is the time for us to evaluate our practices thus far and assess deeply as to the effectiveness of our current practice in leading us onto the path of enlightenment.

This Journal has been inspired by Joey Yeo's 4Rs of Daily Practice: Review, Routine, Reminders and Resolve and is intended as a companion to you on your spiritual path. We hope you enjoy your journey!

Communities of Practice team

“ All we need is the right intention to begin any form of spiritual practice, whether it is bowing to the Buddha, chanting sutras, repentance, meditation, or other such practices. Any of these can form the basis of daily practice.

Venerable Master Hsing Yun

Re view

Focus on what small and good things
that we are doing now and would like
to do more of (with a growth mindset)



What small and not so good
things would I like to stop doing?

“ We need to change and
transform ourselves continuously:
In order to achieve eventual perfection,
we need to work on correcting our bad habits.”

Venerable Master Hsing Yun

What are good things that I have
not done and would like to start doing?

“ If you always do what you’ve always done,
you’ll always be where you’ve always been.”

T. D. Jakes

Embedding daily practice in everything we do.

What routines do I feel like spending
some time to develop, and how would I do that?

“ In regard to daily life, we should practice “see no evil, hear no evil, speak no evil, and do no evil.” When we can be rid of our bad habits and subdue and control the six roots--the eyes, ears, nose, tongue, body, and mind--then life will be free of wrongdoing.

Venerable Master Hsing Yun

What routines do I feel like I should do less to trade-off time for the other routines that I would like to strengthen or develop?

“ You’ll never change your life until you change something you do daily. The secret to your success is found in your daily routine.”

John C. Maxwell

Re minders

Reminders of the goal of our practice;
Reminders of the path of our practice;
Reminders of the discipline to practice every moment.



DON'T
FORGET!

What kind of reminders do
I want to introduce in my daily life?

“ Always keeping in mind that “I am a Buddha”
can be very helpful in interpersonal relationships.”

Venerable Master Hsing Yun

What kind of reminders have I been using in reminding me to be mindful of the Buddha, Dharma and Sangha?

“ Buddha images remind us to frequently recollect the virtues of the Buddha to manifest our own Buddha-nature. In our practice, we pay homage to sacred images of the Buddha. This strengthens our faith and helps us persevere in our practice.

Venerable Master Hsing Yun.

Resolve

Faith and belief may be one of
the first few hurdles.



What are my ingredients of resolve?

“ We must resolve, cultivate and practice accordingly.
We must end the causes of suffering, practice the path,
and reach the cessation of suffering in order to achieve liberation.”

Venerable Master Hsing Yun



A quick thank you!

To our wonderful community and team for your contributions to our weekly Sunday Check In sessions.

Any questions or comments: email@thebbep.org

For resources see

<https://community.thebbep.org/>

<https://www.facebook.com/turningpointstories/>

