

SnowFlower Spring Day of Mindfulness Prompt Questions

Morning Talk: ***Being Thay's Continuation: Loving and Caring for the Earth***
Participant groups may choose one or both.

What aspect of the meditator, the artist or the warrior (courageous heart) is showing up in me? What is it I intend to embody now?

What is calling me now, what is helping me to **wake up** to the beauty as well as the suffering?

Lunch Practice: ***Practicing Mindfully at Home***

Practicing mindful consuming over lunch, practicing awareness of the beauty and fragility of this place we call home, and all that we hold dear, please share any insights and embodied awareness, of how this experience was for you.

Afternoon Talk: ***Being Thay's Continuation: Blooming Together in Our Sangha Garden***

How has Sangha enriched your life?

In what ways might you deepen your involvement in Snowflower?