

## **Class #1: Understanding / View**

Homework from tonight's topic

*Right view is the beginning and the end of the path, it simply means to see and to understand things as they really are and to realise the Four Noble Truth. As such, right view is the cognitive aspect of wisdom. It means to see things through, to grasp the impermanent and imperfect nature of worldly objects and ideas, and to understand the law of karma and karmic conditioning. Right view is not necessarily an intellectual capacity, just as wisdom is not just a matter of intelligence. Instead, right view is attained, sustained, and enhanced through all capacities of mind. It begins with the intuitive insight that all beings are subject to suffering and it ends with complete understanding of the true nature of all things. Since our view of the world forms our thoughts and our actions, right view yields right thoughts and right actions.*

Pick a sentence from the above paragraph about Right Understanding

Find an example in your life during this week that it would apply to

What did you notice about it?

Option: consider it when you do your daily meditation

Report back next week

Looking toward next week's topic

How does your understanding lead you to form an intention?

## **Class #2: Intention / Vow**

- Formulate a vow for the term to share on Sunday
- For next week: Think of a specific incident in which you communicated with someone else. What was the result of that communication? Did you feel it was skillful or unskillful? Why? What made it effective or ineffective? What karmic tendencies in yourself do you recognize by looking at this?
- What are some ways that we speak / communicate with others? What are some obstacles we run into with speech? What are your aspirations around skillful speech? How can you meet those aspirations?