



## PRACTICE GROUP GUIDELINES

There are several possibilities for providing continuity with Maitri practice. After people have experienced a Maitri program for a weekend or longer, they could become part of a group and do more ongoing practice to deepen it. As daily life begins to be ventilated with the practice, insights become quite vivid. The group could come up with a schedule that meets once a week. Suggested reading could be taken from the bibliography.

There are various possibilities in running this group. We have found that one of the most important things is that people are part of a community and have a place to explore their experiences of the practice: an arena where people feel a sense of maitri toward whatever they are experiencing, however extreme. This allows people to become friendly toward the full spectrum of who they are. Sharing experience ventilates it so people do not feel they are in isolation.

Participants could also do creative expression.

### SUGGESTED FORMAT FOR EACH SESSION

- 15 minutes: Shamatha practice
- 45 minutes: Sharing of our last week experience of the energy
- 30 minutes: Discussion of the readings of the week
- 15 minutes: Review of the posture of the next week
  - Collect and distribute the glasses
  - Plan for the next readings

### SUGGESTED PRACTICE AT HOME

(no less than 3 hours in the week)

20 minutes	Sitting
20 minutes	Posture
10 minutes	Aimless wandering
10 minutes	Sitting

Follow up with journal jotting (optional).

Study chapters from books like *The Five Wisdom Energies* by Irini Rockwell, *How To Be a Help Instead of a Nuisance* by Karen Kissel Wagela, *Making Friends With Death* by Judy Lief, *Enlightened by Design* by Helen Berliner

### INDIVIDUAL INTERVIEW

This would be good to do one time during the six week period, times to be arranged.