

PRAJNA INSTITUTE

ABUNDANCE WORKSHOP

Prajna is often translated as wisdom. It is also interpreted to mean insight, mindfulness, non-discriminating knowledge.

Abundance Workshop

“There are two great disappointments in life. Not getting what you want and getting it.” - George Bernard Shaw

Purpose

To explore abundance in our lives. To understand what it is and what it's not. How scarcity can keep us from living abundantly and being fulfilled. To learn how counter mirroring, meditation, gratitude and generosity can lead you to abundance.

Prerequisites

Openness & willingness

Expectations

We will meet on Tuesdays in October. We will start on Tuesday October 6th and finish on Tuesday October 27th. Our focus will be on how we view our own lives. Do we see it through the prism of abundance or scarcity?

“Blessed are the meek they shall inherit the earth.” New testament scholar Emmitt Fox explains that the earth is the whole of your experience. We have dominion over conditions of our lives.”

We will be using different texts along with guest speakers and facilitators. We will be using material from Buddhist psychology as well as text from Judea Christian faith. We will be exploring what abundance is, scarcity, desire and how the science behind mindfulness can help us see clearly how we are really living. In addition, we will look at how generosity and gratitude help us become more abundant. We encourage participants to share their own personal experiences and to ask questions.

Facilitators

Dave Schofield

Suzanne Rowe Palacino *guest facilitator on Mindfulness*

Mark Giangregorio

Carole Arsenault

Setting

ZOOM

Suggested Donation - \$25 per person

Register at Eventbrite <https://www.eventbrite.com/> Search Abundance Workshop by Prajna Institute

Readings & Resources

The 7 Laws of Enough, Cultivating A Life of Sustainable Abundance – Gina LaRoche and Jennifer Cohen Parallax Press

The WiseHeart, A Guide to the Universal Teachings of Buddhist Psychology- Jack Kornfield –Chapter 1- *Nobility our original true nature*; Chapter 13 - *The transformation of desire into abundance*; Chapter 22 - Bodhisattva: Tending the world:

The Sermon on the Mount – Emmet Foxx

Books can be located on-line at authors website, Amazon and libraries.

Handouts will be used as well

Jack Kornfield dharma talk –3/1/1990 Non-Greed and Abundance (dharmaseed.org)

Thanissara dharma talk - 10/25/2019 About Ajahn Chah, clear seeing, mindfulness (dharmaseed.org)

Joseph Goldstein dharma talk 2/4/2019 Desire And Its End (dharmaseed.org)

On-line Resources:

Dharmaseed.org

Jackkornfield.com

Chadbad.org

Emmetfox.net

www.merton.org

meaningfullife.com

Facilitator Bios

Suzanne Rowe Palacino

Suzanne is a Trained Mindfulness Facilitator through the Semel Institute of Neuroscience and Behavior at the University of California, Los Angeles and has been meditating for over 13 years. She's an educator who's taught throughout the United States, Mexico, Canada and Europe and has led mindfulness sessions with Newton Wellesley Hospital, Wellesley, Boston and Curry Colleges, Boston Sports Clubs and privately, both in person and online. She enjoys spending time with her family, music, photography, biking, downhill skiing, and hiking with her "small dog with big attitude," Rocky.

Dave Schofield

Dave has been practicing meditation & studying Buddhism for 12 years. He has studied with Jack Kornfield, Larry Rosenberg and Kotatsu John Bailes. He's been teaching and offering workshops on meditation, mindfulness, forgiveness and abundance. He practices mediation with a sangha in Wellesley under the direction of Zen Priest Kotatsu John Bailes. When he's not facilitating a workshop, he is busy helping businesses manage their risk. He enjoys time with his family, playing

music and walks in the woods with his fourteen year old lab Sadie and practicing Kundalini Yoga at the Ashram in Millis.

Abundance Workshop Fall 2020

“Although Gold dust is precious, when it gets in your eyes it obstructs your vision.”

Hsi Tang

Week One – October 6 , 2020

Introduction

Dave Schofield

Abundance/Mindfulness Meditation

Abundance

The story, conditioning, social media/data mining

Desire, sense pleasures, fantasy, striving

Scarcity

RAIN – *Recognition, Acceptance, Investigation, Non-Identification*

Counter mirroring & gratitude

Group Discussion

Readings

- Jack Kornfield – *The Wise Heart , Chapter 1, Nobility Our Original Goodness, The Wise Heart, Chapter 13 “The Transformation of Desire Into Abundance*
- *Gina LaRoche the 7 Laws of Enough, forward through page 45*
- Joseph Goldstein “Desire And Its End” 2/4/2019
Dharmaseed.org

Week 2 – October 13, 2020

Spiritual Solution & the generous heart

Metta or lovingkindness meditation

Guest teacher – *Mark Giangregorio*

Emmett Fox - The great law of the universe - That what you think in your mind will produce your experience. “As within so without.”

Emmett Fox - Sermon on the Mount, Pages 12, 15, 17-18, 25-30, 123-127, 129-136

In the 28th chapter of Genesis, the Torah recounts Jacob’s departure from the Holy Land, where he had spent the first half of his life immersed in the “tents of learning,” and his journey to Haran.

The **Ark of the Covenant** (ארון הברית in Hebrew: aron hab'rit) is described in the Bible as a holy container where the Ten Commandments and other holy Israelite objects are held. According to the Bible, Yahweh commanded the **ark** be built when Moses had a prophetic vision at Sinai (Exodus 25:9-10).

Guest Teacher – *Carole Arsenault*

- Quantum Physics - A simple explanation
- “Everything is energy” Einstein
- The union of mind & matter
- The power of our quantum mind
Changing the way we think/ 6 Steps

Breakout groups

Discussion

Week Three – October 20, 2020

Mindfulness - To be able to see clearly and without judgment our truth

Meditation

Suzanne Rowe Palacino

Mindfulness

Reference material

- Thanissara dharma talk - 10/25/2019 About Ajahn Chah, clear seeing, mindfulness (dharmaseed.org)

Week Four – October 27, 2020

Abundance meditation

Spiritual solution & the generous heart

Dana – The practice of giving

Tentative, Brotherly & Royal giving

Guest Speakers Sandra McCarthy MacInnis & Amy Brooks

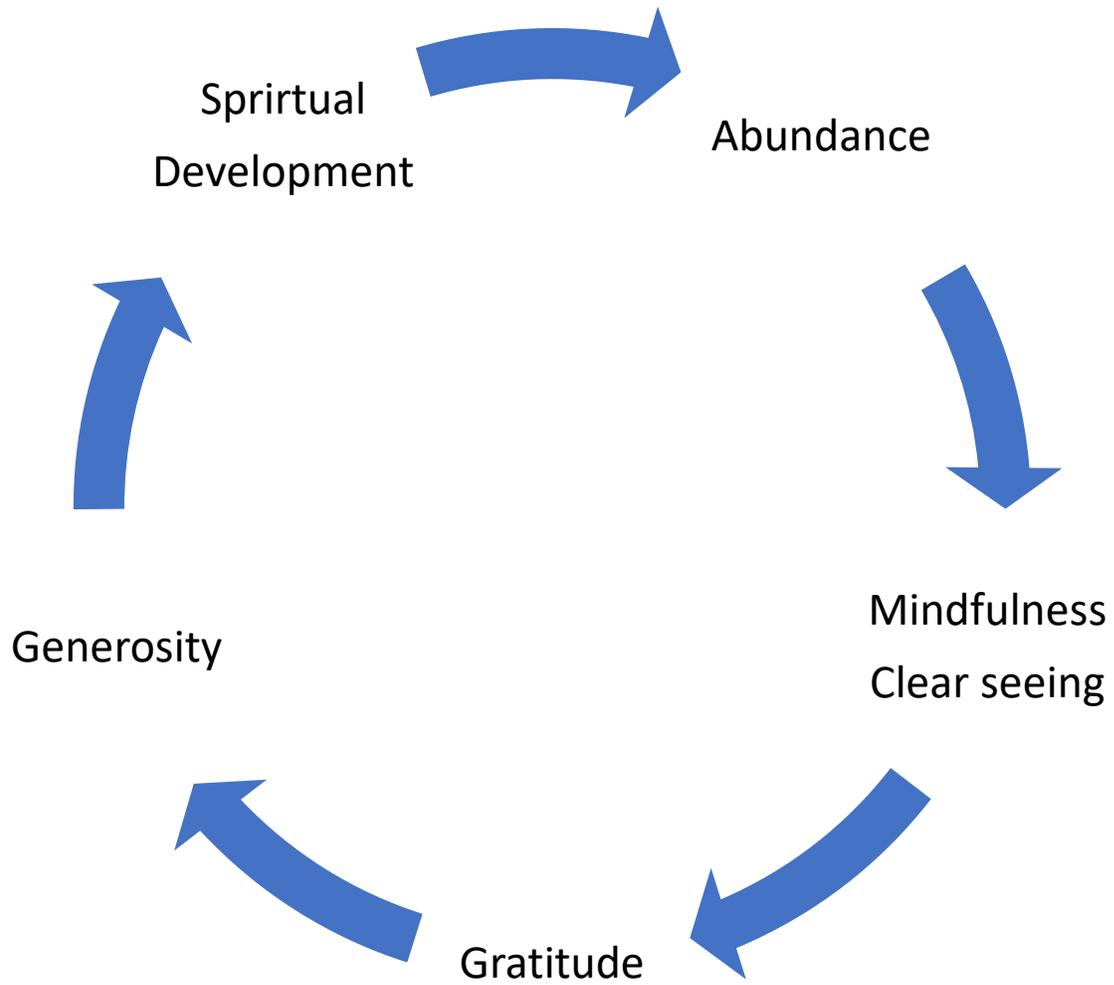
Their story about “royal giving.” Giving something that has a profound impact on one’s life. In this happy story, a Kidney.

Discussion

Additional Readings & Material

- Jack Kornfield – The Wise Heart, Chapter 22 The Bodhisattva: Tending to the world.

CYCLE OF ABUNDANCE



GLOSSARY OF TERMS

Abundance – The state or condition of having copious quantity of something, plentifulness

Buddha – Founder of Buddhism. “Awakened one.”

Conditioning - The process of training or accustoming a person to behave a certain way.

Counter mirroring – Technique used to help deal with a negative feeling.

Replace a thought with something pleasant

Desire – strong feeling of wanting

Dharma – The truth, the way things are. Example, when one gets angry, usually fear is the underlying reason.

Discernment - Wise judgement

Frontal Lobal Cortex – logic & analytical part of the brain

Karma – Cause & effect. What happens is a directly a result of our action

Limbic Brain – Alarm brain

Meditation - The practice of quieting the mind to gain insight

Metta – Meditation which focuses on lovingkindness for oneself and others

Mindfulness – Awareness that arises by paying attention on purpose, in the present moment, non-judgmentally – Jon Kabat-Zinn

RAIN – A mindful technique of discernment to help to clearly see something. Recognition, Acceptance, Investigation, Non-Identification

Sanskrit – Ancient Indian Language

Scarcity – the state of being scarce or in short supply

