**At Home in Our Sitting Place. Sunday, April 9, 2020**The questions are real: Why does this happen? Why does this happen to   
me? One person healthy, one on a ventilator? And why is my life turned upside down? The fear, the uncertainty, the depression that comes along with it? And why does this happen to me?   
  
We stand in the midst of constraints, and wonder where to go? How do you respond to these questions? How does our practice answer the questions?   
  
The Three Foundations are one answer. **The Three Foundations** are *Samadhi* (Meditation), *Sila* (Precepts) and *Prajna* (Wisdom). These are the basics of our practice into which the Noble 8-fold Path is divided – and they remind us that **we** **practice in ALL conditions**, whether easy, challenging, traumatic, non-traumatic.  
The Eightfold Path actually is our way home.  
  
So let me suggest there are a different set of questions to ask.

***Samadhi*** – What is ***Meditation*** in time of tragedy?  
Don’t just do something, sit there.   
Slow down when everything is pushing you faster.  
Be aware.  
 Right Concentration  
 Right Effort  
 Right Mindfulness (Right Thought)

***Sila*** – What are ***the Precepts*** in time of tragedy?  
Kill? Steal? Lie? Sexuality? Wine of delusion? Proud of yourself? Speak ill of others? Mean in giving Dharma or wealth? Anger? Defame the Three Treasures?  
 Right Action

Right Livelihood  
 Right Speech

***Prajna*** – What is ***Wisdom*** in time of tragedy?  
This is the wisdom that is rooted in compassion.  
We need to see clearly – without expectation or judgment.

We need to be rooted in the three characteristics: dukkha, anicca, anatta  
 Right View  
 Right Resolve

One definition of “practice” means we are always “at home” in our sitting place.

The **Invocation of Achalanatha** invites usdirectly: *...May we within the temple of our own hearts dwell amidst the myriad mountains*

Great Master Dogen in the **Rules for Meditation** we read today gives us examples *Although the Buddha had great wisdom at birth, he sat in training for six years…*   
  
*Although Bodhidharma transmitted the Buddha Mind we still hear the echoes of his nine years facing a wall…  
  
You should…give up everything* (the distractions!)   
  
*It is futile to travel to other dusty countries,  
thus forsaking your own seat*;  
*if your first step is false,  
you will immediately stumble.    
Already you are in possession   
of the vital attributes of a human being -   
do not waste time with this and that...*And there is the lovely advice from Ven.Thich Nhat Hanh that I posted on the etree and our Sangha Resources page yesterday:  
*If you can breathe in and out and walk in the spirit of "I have arrived., I am home, in the here, in the now."  
then you will notice that you are becoming more solid   
and more free immediately.  
You have established yourself in the present moment,  
at your true address...*  
 

And finally what seems a compelling description of practcieFrom Franz Kafka:

*You do not need to leave your room.*

*Remain sitting at your table and listen.*

*Do not even listen, simply wait, be quiet still and solitary.*

*The world will freely offer itself to you to be unmasked,*

*it has no choice,*

*it will roll in ecstasy at your feet.*