

New Dharma Community

Practicing Perfection: Practice Period Intention Agreement Summer 2015

Giving: Selfless Service

I will deepen my engagement with community and the world through the cultivation of selfless service. My **letting go** practice is to give this amount of time {\$time} to the following project: {\$service}.

Ethics: Reducing Harm

I will bring my life into greater alignment with my purpose and values through the cultivation of self-responsibility and integrity. My **harm reduction** practice is to bring needed attention to this one of the Five Warrior Trainings: {\$harm_reduction} and to reduce my footprint on the earth by {\$footprint}.

Patience: Reclaiming Relationship

I will strengthen my mind and heart to find creative responses to life's challenges through the cultivation of spaciousness and curiosity. My **equanimity** practice is to re-examine the following difficult relationship or situation and find greater balance: {\$equanimity}.

Effort: Choosing Life Every Day

I will shift the way I show up through the cultivation of consistency and sustained intention. My **fearlessness** practice is to change the following behavior by applying myself daily: {\$fearlessness}.

Meditation: Sitting & Sadhana

I will develop mental stability and self-awareness through the cultivation of sustained attention. My **dynamic stillness** practice is to increase my sitting meditation/sadhana by {\$stillness} including practicing with a community at these extra times/days: {\$practice}.

Wisdom: Waking Up

I will root each and every thought, word and action of these perfect intentions in transcendent understanding through the cultivation of deep insight. My **skillfulness** practice is to dissolve all ideas of who is doing practice, who practice is done for and practice that is done.

Personal Challenge

My own intention for this Practice Period is: {\$personal}

Jai Mitra!

