

Marcia Rose on the Seamless Circle of Generosity (December 1, 2024 TMH E-newsletter)

As we find our presence during this late fall & early winter in relationship to various holidays, the qualities of gratitude & generosity hold a special place & opportunity for each & all of us... in our formal Dharma practices & in our life as our practice.

We usually think of generosity as the practice of giving, though in its fullness it is both giving **and** receiving... a process which clearly helps to purify & transform the contraction of separateness that is engendered by self-centeredness.

Generosity is a perfectly natural aspect of our humanness & universally recognized as one of our most basic human virtues. We offer/we give, we receive. We cultivate & manifest generosity in a thousand different ways, no matter our culture, our age, no matter who we are within this universal seamless circle of generosity.

The development & deepening of the heart quality of generosity directly inspires & feeds the purification & transformation of clinging, stinginess & hoarding. Our practice of generosity also inspires & feeds the purification & transformation of the fear & attachment that are so closely linked to the uncomfortable energies of greed & resistance.

The Buddha always began his teaching offerings to new groups of people with some words about generosity. One of the things that he often said was, *"If beings knew, as I know, the results of sharing gifts, they would not enjoy their gifts without sharing them with others, nor would the taint of stinginess obsess the heart & stay there. Even if it is your last bit of food, you would enjoy its use more by sharing it, if there was anyone to receive it."* And a primary teaching that he offered his Monastic Sangha was, *"Thus you must train yourselves: We will be thankful & grateful. Not even the least thing that is done for us shall be forgotten."* The great beauty of a way of life... the practice of the heart... a life of GIVING & RECEIVING.

I especially love this time of year because it lights up this basic essential Buddhist teaching & way of life. As our practice develops & our discerning capacity grows, we begin to more clearly see & know that everything changes hands or just simply dissolves. Is there anything that really has any hard & fast owners? When we touch into this truth, it can be a powerful factor that inclines us towards cultivating our inner wealth... the inner wealth of generosity, mindfulness, patience, loving kindness, joy & equanimity. An inner wealth of generosity is a powerful medicine. It's an antidote to the anguish & confusion that is generated through the conditioning/training of accumulating, and then fixating on & identifying with our material & mental accumulations.

We can cultivate a life & help to cultivate a culture of mutual flourishing... a life & culture of balance, reciprocity & regeneration. With our Dharma practice we are learning to receive life fully, be kind, grateful & generous. This very life is our path to the deepest ease of a presence of well-being & joy and is intimately connected to the development of a deep generosity of heart.

May this holiday time & the upcoming new year be filled with warmth, kindness, love, gratitude, generosity, joy, and a sense of balance & equanimity for you, for your loved ones & for all beings everywhere.

With love, Marcia Rose
TMH founding & guiding teacher

[CLICK HERE](#) to listen to Marcia's full Dharma talk.