

Zen Lessons for Writers

LLWRC 873

Day 1

The Mindful Author

Meditation: Breath and Body awareness; Mindfulness

Disclaimer

Introductions

How I got here

The Buddha

The Four Noble Truths

1. Ordinary life brings about suffering
2. The origin of this suffering is attachment
3. The cessation of suffering is attainable
4. Suffering can cease by following the Eightfold Path

The Noble Eightfold Path

1. Right View
2. Right Intent
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

Homework: Your writing space description

Word or .pdf by Thursday night to johnny@johnnyworthen.com

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Day 2

The Feeling Author

Meditation: Breath, Body and Emotional Awareness

The Three Poisons

1. Greed
2. Hate
3. Ignorance

The Five Hindrances

1. Sensory Desire (want)
2. Ill-Will (hate)
3. Sloth and Torpor (stupor)
4. Restlessness and Worry (agitation)
5. Doubt (doubt)

RAIN

- Recognize
- Accept
- Investigate
- Non-Identify

The Work:

- “You have the right to work, but never to the fruit of work.”

Homework: Relive and describe an event that changed your life.

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Day 3

The Thoughtful Author

Meditation: Breath, Body, Emotion and “Thoughting”

Third Person Limited

Impermanence

The Eight Vicissitudes

- Pleasure and Pain
- Gain and Loss
- Praise and Blame
- Fame and Disrepute

The Twin Verses – Buddha’s First Teachings

The Five Remembrances

1. I am sure to become old; I cannot avoid aging.
2. I am sure to become ill; I cannot avoid illness.
3. I am sure to die; I cannot avoid death.
4. Everyone and everything that I love will change, and I will be separated from them.
5. My only true possessions are my actions, and I cannot escape their consequences.

The Noble Author

Homework: carry on and take your place in the world.

Suffer Less & Write More

Recommended Reading / Bibliography

Big Magic, Elizabeth Gilbert

Stolen Focus, Johann Hart

Why Buddhism is True, Robert Wright

The Bhagavad Gita, translated by Eknath Easwaran

Think Like a Monk, Jay Shetty

The Practicing Mind, Thomas M. Sterner

Buddhism for Beginners, Thubten Chodron

The Four Agreements, Don Miguel Ruiz

What the Buddha Taught, Walpola Rahula

The Dhammapada, translated Eknath Easwaran

The Heart of the Buddha's Teaching, Thich Nhat Hanh

The Upanishads, translated by Eknath Easwaran

Also of interest

Walkaway, Cory Doctorow

How to be Good, Nick Hornby

The Good Place, television series

Everything by Johnny Worthen (I love this guy!)

THEODORE ROETHKE

The Waking

I wake to sleep, and take my waking slow.
I feel my fate in what I cannot fear.
I learn by going where I have to go.

We think by feeling. What is there to know?
I hear my being dance from ear to ear.
I wake to sleep, and take my waking slow.

Of those so close beside me, which are you?
God bless the Ground! I shall walk softly there,
And learn by going where I have to go.

Light takes the Tree; but who can tell us how?
The lowly worm climbs up a winding stair;
I wake to sleep, and take my waking slow.

Great Nature has another thing to do
To you and me; so take the lively air,
And, lovely, learn by going where to go.

This shaking keeps me steady. I should know.
What falls away is always. And is near.
I wake to sleep, and take my waking slow.
I learn by going where I have to go.