

Family and Community Planning Tool for Uncertain Times

Note:

This tool was developed by Sunray Community members David & Josie Lipkin. We're grateful that we can share it with you. This is a space to reflect and plan together as a family or as a community to work cooperatively, lovingly and with great awareness through times of change. By doing so, we care for each other and those around us. We send forth prayers that all beings will have what they need. (See Shantideva's Prayer of Dedication at the end that we can recite or meditate upon.) When we maintain balance and awareness of all that we can be grateful for and can do to ensure our and others' well-being, even in the face of uncertainty, this lifeforce enhancing energy ripples through the web of life that connects us all and Mother Earth.

—Editor, Inspirational Message

1. Social-Emotional Inquiry

How I'm doing:

My resources:

What to gather:

What I can offer to others:

Resources to save and share:

Actions for the next week and next month:

2. My Physical Home

How I'm doing:

My resources:

What to gather:

What I can offer to others:

Resources to save and share:

Actions for the next week and next month:

3. My Physical Health

How I'm doing:

My resources:

What to gather:

What I can offer to others:

Resources to save and share:

Actions for the next week and next month:

4. My Food and Nutrition Supply

How I'm doing:

My resources:

What to gather:

What I can offer to others:

Resources to save and share:

Actions for the next week and next month:

5. My Medicine and Wellness Supply

How I'm doing:

My resources:

What to gather:

What I can offer to others:

Resources to save and share:

Actions for the next week and next month:

6. My Garden

What I'm doing:

My resources:

What to gather:

How can I create some of my own food, e.g., creating window gardens or raised beds for planting vegetables, starting a community *victory garden*, join a local food cooperative;

What I can offer to others:

Resources to save and share:

Actions for the next week and next month:

7. My Finances

How I'm doing

My Resources:

What to gather:

What I can offer to others:

Resources to save and share:

Shantideva's Dedication Prayer



The following dedications is extracted from Chapter 10 of the Bodhicharyavatara of Shantideva.
Tsem

May all beings everywhere
Plagued by sufferings of body and mind,
Obtain an ocean of happiness and joy
By virtue of my merits.
May no living creature suffer,
Commit evil or ever fall ill.
May no one be afraid or belittled,
With a mind weighed down by depression.
May the blind see forms
And the deaf hear sounds.
May those whose bodies are worn with toil,
Be restored on finding repose.
May the naked find clothing
The hungry find food
May the thirsty find water
And delicious drinks.
May the poor find wealth,
Those weak with sorrow find joy;
May the hopeless find hope,
Constant happiness and prosperity.
May there be timely rains
And bountiful harvests;
May all the medicines be effective
And wholesome prayers bear fruit.

May all who are sick and ill
Quickly be freed from their ailments.
Whatever diseases there are in the world,
May they never occur again.
May the frightened cease to be afraid
And those bound be freed;
May the powerless find power
And the people think of benefiting each other.
For as long as space remains,
For as long as sentient beings remain,
Until then may I too remain
To dispel the miseries of the world.