



Vinny Ferraro: Coming Home.



Vinny Ferraro is a nationally recognized leader in designing and implementing Mindfulness interventions for educators and incarcerated populations, teaching in the Buddhist Insight tradition. He serves as the Guiding Teacher of Big Heart City Sangha in San Francisco. Explore practices that save us from our constant preoccupations with the thinking mind and deliver us back to the present moment.

**TOP EMBODIMENT TIP:** Come out of the mind come into your body. Many times a day - catch and release, catch and release.

Coming Home; What Gets In The Way.

- Our stories; Everything keeps coming back to that question and that gets in the way of presence.
- Our fundamental story keeps us from arriving and inhabiting our lives.
- Moment of Buddha's enlightenment in waking up to loving presence from self doubt. Saw through the doubt.
- Seeing the stories not as obstacles, something in the way, but IS the way.

Practical Applications; Finding the “ok-ness.”

- Train presence; Redirect throughout the day if the awareness is not offering something helpful.
- Many times throughout the day, check in to see if there is a fundamental “okayness” despite the mind and hopes and fears.
- When stop giving undivided attention to thoughts, fears and doubts, we don't miss the moments when we actually DO feel okay.
- Exploring what you want to remember when you get caught in the story, in the trance.

Beyond the Cushion; Walking in the World.

- In current times of fragmented awareness, a lot of things vying for our attention. It is a delight in giving our undivided attention to one thing. Fullness is how we give ourselves to an experience. We are never far from our presence, from coming home.
- This practice becomes remembering to land and embody each precious moment; this is waking up.
- Hope is to walk in the world in a more real way. That big love, not the small identity. Trusting the goodness that's here in this moment. Don't hate yourself into becoming a better person. What we are practicing can be seen in our response.

Practice Preparation: In The Art of Friendliness.

- Practice is like a permission slip - no enemies in experience. That's why we anchor ourselves in the present moment.
- We have friendliness coming. We are talking about coming home to ourselves. We know what it felt like to be estranged from our own experience. Homecoming should have a celebratory quality.
- So we soften our gaze and get our friendliness on. Kindness and gentleness not just to feel good but because they are effective.
- Every place you want to muscle up on your experience, see if you can soften.

Resources ,

- ❖ **Courses:** [Friday Night Virtual Sangha](#),
- ❖ **Website:** [Vinny Ferraro](#).
- ❖ **Social:** Facebook: [vinny.ferraro.9](#)
- ❖ **References:** Buddha, Rudolf Steiner Thich Nat Haan, Theodore Isaac Rubin, Christine Caldwell, Ramana Maharshi, Jonathan Swift, Sri Nisargadatta Maharaj



## Vinny Ferraro





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