

Body

1 be physically present

2 be more ceremonious

3 be visible

working with criticism

- 1 recognise it as a fact of life
- 2 metta
- 3 develop right view
- 4 it may not be about you
- 5 if you've done something wrong admit it
- 6 'next time it will be praise'
- 7 an opportunity to develop self-knowledge

Speech

- 1 what you say carries extra weight
- 2 acknowledge when you make a mistake
- 3 rejoicing in merits

Mind

1 think things through

- 1 How do you think of your relation to the people in your Sangha?
Is it friendship you are offering or something else?
- 2 How do you feel about being visible in your local Sangha?
- 3 Have you been criticized while you have been chair? If so, how have you worked with it?
- 4 Has being chair changed your attitude to the more personal aspects of Dharma practice? e.g. meditation & study