**Continuing the Journey**

We need three things:

* Dharma practice – To make substantial progress, the journey needs to become the quest of our life. We need a daily meditation practice, regular retreats, dharma friendship, ethical life…
* Dharma lifestyle – We’ll need a lifestyle that supports our practice. e.g. regularly going on retreat, coming to the centre, not having horribly stressful or unethical work, etc
* Dharma service In order to make progress, we need to serve something bigger than ourselves. We’re not serving an ideology, even a Buddhist ideology; we’re serving life’s highest potential. We can only serve the dharma to the degree we’ve understood it.

Practice from now onwards:

* Dharma practice –What areas of your practice are weak, and how could you strengthen them?
* Dharma lifestyle – Are you putting time into friendships with members of your own gender? Are you actively participating in the sangha? Have you booked a retreat?
* Dharma service How could you serve a vision that is bigger than you?

What you really need from now on if you are to make progress on the journey…

* An effective daily meditation – on the basis of living an ethical life
* Regular participation in the sangha – including dharma study
* Regular retreats