

Feb 4 class review: Right view, Right Intention

Thank you everyone for your presence in class, and especially for stepping up to the challenge of both having a larger circle AND everyone sharing.

The talk is available on the class page.

THE HOMEWORK IS:

- work towards a dailiness of your sitting practice. Shorter, regular sittings are better than longer sittings that are infrequent.
- Read the section in the book on right mindfulness.
- Set a daily mindfulness alarm. Pick something not more than 5 minutes at the beginning of the day that you do every day. Examples might be: making coffee, washing your face, showering, eating breakfast.

Write your choice on a small piece of paper and place it where it will remind you of your choice. You might tape “mindful eating” to the cereal box, or “mindful toothbrushing” to the bathroom mirror.

Do this activity in the same way we did the exercise in class each morning. This practice primes the pump to greater mindfulness during the day.

- keep a journal of your experience with mindfulness. When it is present, and the experience of this. Also when it is absent, and the experience of that. What supports it's presence, and what causes it's absence?

Bring your journal to class and be prepared to share from it.

all the best,
Susan