

***Way Of Awareness- Class 3 -Home Practices-March 2026**

There is No class next week 4/2 – Next Class will be 4/9 I will arrive at 6:20 pm on the day of our practice group- in case you have any questions. HAVE FUN with the practices below!

- 1) **Gratitude Practice.** Text or e-mail your buddies from class 3 things you are grateful for each day.

- 2) **Sitting practice:** Try sitting for a minimum of 5-10 minutes per day (more if you are able). *Please practice your meditation in silence.* When you are sitting, rest your attention on the felt sensations of the body- the touch points or sounds or the breath. When the mind wanders & you notice it. Delight that you are present. Gently, drop the story & open to the touch points, sounds or breath. You can always begin again. When physical sensations or emotions arise in the background. Let them be in the background. When an emotion, mood, mind state, hindrance becomes compelling enough to make it difficult to be mindful of the touch points, sounds, breath or you are experiencing a struggle- then bring the emotion, mood, mind state, hindrance into the focus of your mindful awareness. Observe its changing nature. When it no longer calls your attention, return to your anchor. (You can also practice **RAIN-** below-) **Practice RAIN (any of these letters)**
R=Recognizing what emotion is arising.
A=Accepting, Allowing, opening to, making room for the emotion just as it is. Not adding, not subtracting.
I=Investigating. Dropping any fixed ideas you have about the emotion. Seeing it in a fresh way. Seeing what makes up the emotion- where is it in the body? What are the sensations, is it pleasant, unpleasant, neutral, got any attitudes? –Not analyzing, not fixing, more a sensory understanding. Let the body be the container for the emotion.
N= Non-identification. Not claiming the emotion to be who you are or how things are. Instead nurturing & resting in awareness.

- 3) **Practice standing & walking meditation** at least once in your day.

- 4) **Gently notice when you can,** if experiences are pleasant, unpleasant or neutral. (Be mindful of the habit to hold on to the pleasant, push away the unpleasant & space out the neutral) **ALSO, Do your best to get to know** desire, aversion, sloth & torpor, restlessness & doubt. They are energies and common sources for distraction. Are any of these more common for you than the others? What is your relationship to these hindrances when they appear? By noticing their presence, does that change how you get pulled into them? **Mindfully observe and get to know any hindrance. Experiment with RAIN or if strong cultivate the opposite (desire-impermanence, aversion-kindness, sloth & torpor-raise energy-stand, open eyes, pull on ear lobes, restlessness - increase calm, steadiness count 1-3, deep breath, doubt- doubt the doubt) or 3 E's (eyebrow, earlobe, elbow) steady in the neutral & then return open to connect to hindrance)**

- 5) **Dedicate one snack (or meal a day)** to eating slowly & mindfully. Pay attention to the tastes, textures, temperature of your food & to the experience of your body eating. You might want to put down the spoon or fork between bites. Whenever your mind wanders, or you get caught up in reactions, pause & come back to simply eating.

- 6) **Engaging in a daily activity with Mindfulness:** a simple, routine activity commit to integrating mindfulness into that activity every day. Such as brushing one's teeth, taking a shower, riding your bicycle. This practice in addition to your daily formal sitting-standing-walking-gratitude, eating practices are designed to bring mindfulness into your daily life.