

What is Practice? Week 2 (7/17/25)

I will arrive at 6:45 for each class for questions- Class will start at 7:00pm

1. **Sitting & Standing:** For 10-30 minutes per day. **Formal practice:** What is your intention as you begin the meditation? Notice the attitude you have when you sit. How you practice is an important area of practice itself. Not judging, as best you can notice, be mindful of how you are practicing **Standing:** Be aware of standing in your day.
2. **Gratitude Practice:** Text “your buddies” 3 things you are grateful for each day.
3. **Ask once a day: What is your intention in practice?**
Reflect: What is your aspiration in practice? Why are you doing it? It’s very important for the motivation to arise out of your own heart, your own understanding. What is the deepest intention you have for your life? How does your practice fit into that? Does that deepest wish have to do with meditation practice? Or does practice support your deepest intention?
4. **Reflect:** “What we frequently think about, ponder and dwell upon becomes the shape of our mind/heart.” **Notice where you ponder or dwell.**
5. **Do you understand how everything you do can be practice?** How well integrated is mindfulness-awareness-presence-practice in the rest of your life? What are some of the preoccupations that pull you away from present, from being mindful? From being awake? Do you get attached to pleasure, to comfort? Are you averse to discomfort? Is that an important motivating aspect for your life? For practicing?
6. **If you’re practicing mindfulness-awareness-presence throughout the day,** Notice when in the day are you most likely to be present and when you are most likely to lose the mindfulness-awareness-presence? Are there any patterns?
7. **DELIGHT** in being present-awake-aware-here. Like Mary Oliver said, “Step through any door full of curiosity and wondering, What is it going to be like? Be married to amazement!”
8. **Reflect On Balance. Is your life balanced? Is your practice balanced?** Is there a balance of activity and non-activity, work and not-work, socializing and being alone? Do you have time for some kind of contemplation? Is there a balance energetically? Is there balance between balance faith and wisdom, confidence and discernment? Between energy and calm or concentrated. Is there balance between service and self-care? Is there balance between practice and study?
9. **Have FUN!!**