

***Way Of Awareness- Class 2 -Home Practices-March 2026**

I will arrive at 6:20 pm on the day of our practice group- in case you have any questions.

- 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 your anchor. When you notice the mind has wandered gently bring the attention back to the experience of your anchor-**EITHER touch points or sounds or breath.**

If a strong physical sensation makes it difficult for you to stay with the touch points, sounds, breath, bring your mindful awareness to this new predominant experience and sense or feel the physical experience. Simply allow it to be there. Drop whatever comments or evaluations you may have about the experience and get to know the experience directly. Is the experience pleasant, or unpleasant? What are the actual sensations of this physical sensations? (heat, cold, tingling, tightness, pulling, hardness etc). Are there any edges? Is it changing? Once a sensation is no longer calling your attention or has disappeared, return to or open your anchor Touch points, sounds, breathing. ***The goal is not to sit without pain. Some sittings you may have joy, calm, others discomfort, pain-In meditation & life get about equal measure- We are not trying to minimize, get rid of, ignore, run away from pain- because if you do you may spend ½ of your life running away! Better to learn hoe to RELATE to pleasure and/or pain with compassion, tenderness, understanding.***

- 3) **Walking meditation:** Practice walking meditation at least once during the day as you move through the world. Simply, find a pace that gives you a sense of ease as you walk. Let your attention settle on the base of your feet. Feel the contact with the ground.
- 4) **In the midst of your regular daily activities:** Dedicate two 5-minute periods during the week to being mindful of your body. Notice your shoulders, stomach, face or hands. If you find tension in any of these places open, soften and bring in some ease if possible.
- 5) **This practice is a practice of remembering,** so when your mind wanders and you notice it wandering or you wake up from the story/trance you are in. **Delight** that you are awake, ground in the body and gently, simply escort the attention back to whatever you are doing. Every time you bring your attention back to the present moment, you are developing mindfulness.
- 6) **Please practice–beginners mind** – to find your way to a quieter mind is to start a new, a fresh, to begin again to open your heart & to be here, in this present moment, over & over. To let go of the stories, agendas, opinions, views, bias, projections, conclusions-**to begin again!**

HAVE FUN!

