

Mindfulness homeplay week one

Establish daily breath practice

Eat; that's it; at least once per day

Establish a mindfulness bell

(www.mindfulnessdc.org/mindfulclock.html)

Reading : Weiss, week one and two

Attitudes

Patience

Beginner's Mind

Trust

Nonattachment to outcome

Acceptance

Letting Go

Froglessness

Don't read more than you practice!

"If you cultivate a healthy poverty and simplicity so that finding a penny will literally make your day, then since the world is in fact planted with pennies, you have with your poverty bought a lifetime of days. It's that simple. What you see is

what you get."
Annie Dillard