

Mindful Homeplay week five

Continue to do sitting meditation every day

Develop "choiceless awareness"

With the mindfulness bell: thought

Notice the stress response, especially body sensations

Reading: Weiss: objects of mind

Remember: *Thought enters your consciousness*

Immediately is judged

May be pleasant, unpleasant or neutral

Stays for awhile, then goes ; all thought is impermanent

Despite how it feels, thought is merely a visitor

You are not your thoughts

Things that happen (body)

temperature

digestion

circulation

metabolism

muscle tone

etc.

Things you do (mind)

what you eat

what you wear

exercise

what you read

entertainment

etc.

Things that belong to both

breath

thought

The Journey

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice-

though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried
But you didn't stop.
Youi knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations-
though their melancholy was terrible.
It was already late
enough, and a wild night
and the road full of fallen
branches and stones
But little by little
as you left their voices behind
the stars began to burn
through the sheets of clouds
and there was a new voice
which you slowly
recognized as your own,
that kept you company
As you strode deeper and deeper
into the world,
Determined to do
The only thing you could do-
determined to save

the only life you could save.

Mary Oliver

patience beginner's mind trust acceptance
nonattachment to outcome letting go froglessness