

Meditation 2 – Focus and broadness

The voyage of discovery is not in seeking new landscapes but in having new eyes. Proust

This week we are exploring developing a broader awareness while still maintaining a focus on the object of meditation: the breath or cultivating metta.

	Practice	What I noticed or learnt
Day: When and how long	<i>Mindfulness of breathing</i> <i>Experiment with broadening your focus to include an awareness of your body in the room and then focusing again on the breath.</i>	
Day: When and how long	<i>Metta bhavana</i> <i>When bringing to mind a friend, you may like to think of them within a group of all your friends.</i>	
Day: When and how long	<i>Mindfulness of breathing</i> <i>Every time you are distracted, bring your awareness to your whole body before focusing again on the breath.</i>	
Day: When and how long	<i>Metta bhavana</i> <i>In the first stage you could try to develop an appreciation of your efforts in the past, and imagine your future self appreciating your present efforts.</i>	
Day: When and how long	<i>Mindfulness of breathing</i> <i>If you are distracted by sounds, you could try to keep some attention on the breath while noticing the sounds.</i>	
Day: When and how long	<i>Metta bhavana</i> <i>You might like to experiment with having softer and less defined divisions between the stages. So having developed metta for yourself, you allow your friend to join you and gradually transfer your attention to them, and so on.</i>	

Spend a few minutes reviewing the week and make a note of anything you have learnt.

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Mindful moments Before a meal, contemplate the food on the plate before you and name every force – human, environmental and mechanical – that contributed to bringing this meal to your plate.