

Meditation 2 – Exploring positive states

Eighty percent of success is showing up. Woody Allen

	Practice	What I noticed or learnt
Day: When and how long	Mindfulness of breathing <i>Bring to mind a positively moving experience that you have had and try to get a feel for how you were being as you were being moved. How might you experience this quality of being moved while you are meditating?</i>	
Day: When and how long	Metta bhavana <i>You may like to experiment with reading an inspiring poem or reading before you start the meditation. Notice how the subtle thoughts that arise perfume your experience.</i>	
Day: When and how long	Mindfulness of breathing <i>At the beginning of each stage ask yourself, 'What would I be experiencing if I were becoming more concentrated?' Rather than trying to answer this question conceptually, allow it to affect your experience.</i>	
Day: When and how long	Metta bhavana <i>Take a practical suggestion from a previous meditation diary, modify it and try out your modified version.</i>	
Day: When and how long	Mindfulness of breathing <i>Bring to mind a situation where you are happily concentrated, such as listening to music or watching a sunset. Experiment with bringing that state to experiencing the sensations of breathing.</i>	
Day: When and how long	Metta bhavana <i>Experiment with using the breath as a unifying element in all the stages of the metta bhavana.</i>	

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

Mindful moments Go through each day assuming each person you meet has something to teach you. Notice if this attitude changes your interactions.