

Meditation 2 – Balancing active and receptive effort

What I dream of is an art of balance. Henri Matisse

This week we are practising alternating exertion and relaxation in order to be balanced at any given moment.

	Practice	What I noticed or learnt
Day: When and how long	<i>Mindfulness of breathing</i> <i>Try using the body to help balance your energy levels – taking your attention to your breath low in the body if you are speedy and high if you are tired. What do you notice?</i>	
Day: When and how long	<i>Metta bhavana</i> <i>Use phrases, but leave a space after each to feel your response. So say the sentence and then wait and notice any subtle response.</i>	
Day: When and how long	<i>Mindfulness of breathing</i> <i>At the end of each stage, spend a few moments relaxing your effort and being receptive to your experience.</i>	
Day: When and how long	<i>Metta bhavana</i> <i>Use your imagination to allow the metta to come from another source e.g. some inspirational figure, and enjoy participating in their influence.</i>	
Day: When and how long	<i>Mindfulness of breathing</i> <i>At the start of the session, reflect on the benefit you have already experienced through doing mindfulness of breathing and future potential benefits.</i>	
Day: When and how long	<i>Metta bhavana</i> <i>Instead of trying to develop metta, take it for granted that it is already there, so all you need to do is picture each person and relax into your deeper feelings of well-wishing.</i>	

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

Mindful moments While driving or riding your bike or walking along the street, notice if you are rushing. What does that feel like? How does it compare to taking your time?