

Meditation 2 – Making choices

In the middle of difficulty lies opportunity. Albert Einstein

	Practice	What I noticed or learnt
Day: When and how long	<i>Mindfulness of breathing</i> <i>If you are repeatedly distracted, shift the focus of attention to your posture ensuring that it's relaxed, balanced and erect.</i>	
Day: When and how long	<i>Metta bhavana</i> <i>Choose a positive mental state you would like to cultivate, see if you can find the seeds of it in your experience and try to cultivate it.</i>	
Day: When and how long	<i>Mindfulness of breathing</i> <i>As with yesterday, as best you can, cultivate a mental state you would like to encourage.</i>	
Day: When and how long	<i>Metta bhavana</i> <i>Experiment with 'considering the consequences' in your life, of allowing unskillful mental states to persist unchallenged.</i>	
Day: When and how long	<i>Mindfulness of breathing</i> <i>Enjoy the breath, one breath at a time.</i>	
Day: When and how long	<i>Metta bhavana</i> <i>Reflect on the things that you do that show how you already care for yourself and others, for example, driving carefully, giving to charity, etc.</i>	

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

Mindful moments How does your breathing change when you face difficult emotions? Take a few deep cleansing breaths. What difference does this make?