Week Eight: Spiritual Rebirth – Home Practice

*1. Reading*

* Read Chapter 7 up to page 250

*2. Do one thing regularly to increase Integration*

* Notice Prapanca, step out into your body, see if you can see the stories you tell yourself
* Three minute breathing space
* Simplify your life - reduce input
* Mindful walk / meal
* Try the coping breathing space

*3. Do one thing regularly to increase Positive Emotion*

* Gratitude list – list 5 things each night that you are grateful for
* Try to do one generous act for someone else each day that you wouldn't normally do.

*4. Engage the arts*

Spend some time this week deepening your engagement with the arts. Make time for those aspects of life that have within them a touch of the imagination:

* Read a good novel for an evening,
* Go to a gallery,
* Read some poems everyday,
* Listen to music for its own sake not whilst doing something else

*5. Engage with nature*

Spend more time in the natural world (as the basis of imagination). The deeper experience goes, the more auspicious it feels. Deeper experiences bring us closer to nature, because ‘deeper’ always means ‘less self’. Less self equals more world.