Week Five: Spiritual Death – Home Practice

*1. Reading*

* Read Chapter 5 up to page 179

*2. Being less selfish*

* Try to do something unselfish – in body, speak or mind, everyday
* Try to quite consciously put others first, give, listen, try and think how specifically you could be less selfish in your life.

*3. 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

*4. 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.

*5. Meditation: Commitment*

* This week see if you can commit yourself to a daily meditation – for the rest of the course at least.
	+ Find a regular time to meditate
	+ Create a special place in your room
	+ Cultivate friends (that you can talk to about meditation and the journey)