Week One – Home Practice

*1. Reading*

* Read the introduction and first chapter up to and including page 34

*2. Notice prapanca*

* Driven, unaware, associative thinking
* What are the patterns you get into?
* See if you can step out into direct experience
* Notice the direct sensations in your body

*3. Try one of the practices that support integration and reduce prapanca*:

* External support – Simplifying your life by:
  + Reducing input
  + Cultivating discipline
  + Do something you’ve been putting off
* Internal support - The three-stage breathing space.
  + Becoming aware
  + Gathering
  + Expanding
* Internal support - Mindful walk or mindful meal

*Remember……*

Do not over commit yourself but if you can try one of the external supporting practices and one of the internal practices so that you can report in on how things went during the following week.