Week Two: Deepening Awareness – Home Practice

*1. Reading*

* Read chapter two up to and including page 67.

*2. Continue to notice prapanca*

* Driven, unaware, associative thinking
* Notice your mind going off
* See if you can notice your behaviour – are you getting defensive or short tempered?
* What is the justifying story you use for this behaviour?

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

* Simplifying your life
* The three-stage breathing space.
* Mindful walk
* Mindful meal

*4. See if you can find an opportunity to tell (part of) your life story*

* Try to gather a few friends together to do this
* Consider looking at turning points in your life
* You may find it easier to do with people of your own gender