

HOME PRACTICE FOLLOWING CLASS SIX

1. Do 30 minutes of practice seated or lying down five times between our next class. You can do any of the meditations we have learned – Body Scan, Awareness of Breath, Awareness of Breath, Body, Intense Sensations, Loving Kindness for self, benefactor, friend). If you are doing Loving Kindness, stick with the categories you've been taught. Use the recordings and Loving Kindness handout on our website for guidance.
2. Bring awareness to moments of suffering. As difficulty arise, practice soothing touch and the self-compassion break. Note, a recording of the self-compassion break can be found on our website.
3. Choose a different routine activity in your daily life and make a deliberate effort to bring *moment-to-moment* awareness to that activity each time you do it. Simply zero in on *knowing what you are doing as you are actually doing it.*
4. Continue to mindfully bring attention to one meal or part of one meal each day.
5. Track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.