

Home Practice following Class 2 (weeks 3, 4, and 5)

1. Try to practice 5x per week until we meet again. Each day, practice 30 min of sitting meditation. You may choose from the following meditations: awareness of breath and body meditation OR awareness of breath and body/working with intense physical sensations meditation. Both of these guided meditations can be found on the TSPMG website at <http://tspmg.com/mindfulness>.
2. Do 15 minutes of mindful movement like walking meditation or yoga. Don't expect to feel anything in particular from the experience. In fact, give up all expectations about it. Just let your experience be your experience. Notice if there is judging. Just keep doing it, and we'll talk about it at the two-week check-in.
3. Continue to notice pleasant events, unpleasant events, and stress, paying attention to thoughts, feelings, and sensations in the body. It might be helpful to keep a journal of what you notice.
4. Choose one 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, just as you did it during the raisin exercise. Possibilities include waking up in the morning, listening to a certain sound or sounds in your environment, bathing, brushing your teeth, driving, taking out the trash, and so on. Simply zero in on *knowing what you are doing as you are actually doing it*.
5. Eat at least one meal mindfully each day, in the way that you ate the raisin.
6. If you like you can track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.