

Home Practice following Class 3 (weeks 6 and 7 and 8)

1. Try to practice 5x per week until we meet again. Each day, spend 30 min in practice either sitting or lying down. You can choose between the body scan, breath awareness, awareness of breath and body, awareness of breath and body and working with intense physical sensations, or choiceless awareness. All of these guided meditations can be found on the TSPMG website at <http://tspmg.com/mindfulness>.
2. In addition, do 15 minutes of mindful movement like walking meditation or yoga. As always, 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 check-in.
3. Continue to notice pleasant events, unpleasant events, and stress, paying attention to thoughts, feelings, and sensations in the body. Continue to journal about your experience.
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.