

Home Practice following Class 3 (weeks 9-11)

1. Try to practice 5x per week until we meet again. Each day, practice 30 min of sitting meditation plus 15 minutes of mindful movement, either yoga or walking. You may choose from any of the meditations on the TSPMG mindfulness website or you can use Insight Timer. Try metta and/or choiceless awareness once or twice, more if you'd like. 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.
2. 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*.
3. Eat at least one meal mindfully each day, in the way that you ate the raisin.