

HOME PRACTICE FOLLOWING CLASS FOUR

1. Practice the *Awareness of Breath, Body, and Intense Sensations* meditation five or more times before we meet again. Use the recorded meditations on our website for guidance.
2. Do 15 minutes of Loving Kindness Meditation for yourself, your benefactor, or your friend, five or more times before we meet again. Do not go on to other categories. Use the Loving Kindness handout on our website for guidance.
3. During the week, be aware of stress reactions, including physical sensations that accompany them, without trying to change them. Notice feeling stuck, blocking, avoiding, or shutting off from experience.
4. 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*.
5. Continue to mindfully bring attention to one meal or part of one meal each day.
6. Track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.