

Daily Practices To Increase Awareness *

Five Daily Contemplations

- 1-I am of the nature to get old-I have not gotten beyond aging
- 2-I am of the nature to get ill, I have not gotten beyond disease
- 3-I am of the nature to die, I have not gotten beyond death
- 4-All that is mine, dear and delightful will change and vanish
- 5-Karma-you inherit your Karma and you are subject to in this next life

Five things to do at the beginning of Meditation

- 1) Gratitude
- 2) Intention; Motivation
- 3) Determination (to use the time wisely and then let it go)
- 4) Metta--for self and others
- 5) Breathing in I Calm my body and mind, Breathing out I smile

Five things to do at the end of sitting

- 1 Relevance-review so you can repeat; pay attention to before, during, sitting, object of concentration, what worked, what didn't
 - 2 Investigate-impermanence-notice the arising and disappearing nature of all things
 - 3 Did you get any Insights into the nature of reality-these permanent if you make a point to remember
 - 4 Dedication of Merit--may any merit of this sitting be for the benefit of all beings
 - 5 Remember to be mindful as you go forward with your day
- RIIMM- R-Relevant I-Investigation I-Insights M- Merit M- Mindful

*Courtesy of Leigh Brasington - Taken from the Dharma