**5 things to do to keep up your Buddhist practice**

1. Keep up the effort to be mindful and aware, and be as ‘together’ as possible, as **integrated** as possible.

2. Remain in **as positive a mental state** as you possibly can.

3. Do not lose sight of your **ultimate goal** at any time.

1. Whatever you’ve realised or discovered or seen on **the highest level of your being**, apply it at any time to every level of your being.
2. Do your best for other people, do what you can to help people.

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