The Journey and The Guide

Trying to develop a new consciousness

Cultivating integration

* Notice prapanca and stories
* Three minute breathing space
* Coping breathing space – when needed
* Mindful walk / meal

So that we…

* Become more complete
* Bring more of ‘us’ to our experience

Cultivate Positive Emotion

* Gratitude
* Generosity
* Kusala Karma (beneficial activity)
  + Body
  + Speech
  + Mind

So that we…

* Develop a strength for our spiritual practice & life
* Respond better to the needs of others

Spiritual Receptivity

* Creating spaces for depth
* Find time to do nothing

So that we…

* Are open to our own heights and depths
* Are receptive to clues about the true nature of life