The Journey and The Guide

Trying to develop a new consciousness

Cultivate integration

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

Cultivate Positive Emotion

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

Spiritual Receptivity

* Creating spaces for depth