

First and Second Foundations Practice Guides

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During the next week, try out these exercises to get an idea of how they work for you.

- 1) Review and adjust your practice from last week of setting the intention to let go of clinging.
- 2) Continue being aware of the breath and of the body as it moves.
- 3) Contemplate how being aware of the body's anatomical parts effects your sense of self in relation to the body.
- 4) Contemplate how being aware of the body's inevitable deterioration effects your sense of self in relation to the body.
- 5) With established preferences, contemplate how they feel, and how they influence your behavior, or cause any forms of dukkha.
- 6) Practice noticing how it feels when you like, dislike or are neutral toward things you first encounter either during meditation or in daily life.