



### EASING THE MIND

#### 1. Anchoring

Bring gentle but firm attention to the breath, anchoring attention in the present moment.

#### 2. Resting

Simply rest the mind on the breath. You can imagine a butterfly resting on a swaying flower.

#### 3. Being

Simply sit with no agenda. That is all.

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### INCLINING THE MIND

#### 1. Noticing Thin Slices of Joy

Whenever there is any joy arising in the mind, simply notice it.

#### 2. Inviting Joy in 3 Breaths

First breath: full attention to the breath. Second breath: calm the body. Third breath: invite joy to arise.

#### 3. Gratitude Journaling

Write down a few things you are grateful for. This helps incline the mind towards joy and counteract our brain's "negativity bias."

#### 4. Mindful Walking

Walk and notice the simple miracle of being able to walk.

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### UPLIFTING THE MIND

#### 1. Kindness

When you see another person, invite to mind the thought, "I wish for this person to be happy."

#### 2. Altruistic Joy

Notice and rejoice when others do good things. If you like, express your appreciation for them. Notice and rejoice when you do something out of good intentions. These create joy, and reinforce goodness.

#### 3. Compassion

When feeling your own sadness at the pain or distress of others, try allowing the sadness to be there while maintaining a wish for their suffering to be relieved. When you notice sadness or pain in yourself, do the same.



### Today

- When you go home: - Arrival practice when you reach home.
- At dinner tonight: - Pay full attention to joy of first bite.
- While at home today: - One moment of full attention to a loved one.  
- Practice a few seconds of generous listening.
- When you go to sleep tonight: - Settle your mind for a few seconds.
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### Tomorrow

- When you wake up: - Take one mindful breath.  
- If any joy from being alive, attend to that joy for a few seconds.
- When showering: - Pay full attention to joy of contact with the water for a few seconds.
- At breakfast (and every other meal): - Pay full attention to joy of first bite.
- When seeing a loved one: - Give one moment of full attention to a loved one.  
- *OR* in your mind, wish for him or her to be happy.  
- *OR* both.
- In at least one conversation: - Practice a few seconds of generous listening.
- In traffic, or in queue, or waiting for anything: - Take one mindful breath.
- If taking a walk: - Pay full attention to the joy of taking a walk for a few seconds.
- If at work, or anywhere with people: - Once every hour or so, secretly wish for 2 people you see to be happy.
- If attending a meeting: - Practice the 1 breath or 3 breaths pre-meeting practice.
- If you witness any good deeds: - Rejoice in the goodness.
- When you go home: - Arrival practice when you reach home.
- When you go to sleep: - Settle your mind for a few seconds.
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### Every other day

- Repeat!