

Four Mind Changings

Meditation: Preciousness – Outer

One of the main reasons we practice is to loosen the grip that thinking has on feeling and being (Ty Powers). Feel gratitude and appreciation.

Also, this does not deny our own difficulties and the pain of the world. We are simply turning the heart-mind toward gladness. We can practice for others in that they may feel appreciation in their own ways.

During practice, here are some areas to feel gratitude and appreciation:

Being alive – breathing – in a human body with all of its freedom and potential

Basically safe right now – no immediate threat or danger

Grateful to come across the Dharma. To live during a time when the Buddha awakened – teachers and teachings (in a language and style that is meaningful).

Appreciate the beauty, simplicity and vivid presence of the Natural World – all of its elements, plantation and creatures.

Appreciate those you love to be around – family, friends, sangha, children, grandchildren, pets...

Grateful for that which you consider your physical home and the comfort it provides, physically and emotionally.

Appreciate all the things that make your life easier – car, kitchen and laundry appliances, personal care tools...

Appreciate things you enjoy and that bring you pleasure and joy – artwork, music, dance, exercise, books, crystals, clothing/textures, jewelry, favorite food and beverages...

Reflect on the interconnectedness to all those who created, designed, manufactured, labored over and delivered all these conveniences and precious items.

Feel gratitude for ALL beings – we are here teaching each other – times when we are more open and accepting, others show us we are awake; times when we are more contracted and reactive, others show us where we are not awake.