

Contemplation Reflections 1

How to work with the contemplations/quotations:

- Meditate a few minutes to settle your mind. For this try a simple meditation, like counting your breath, following your breath in and out, or any other meditation that is short and not involving complicated images.
- When your mind has settled enough to be able to focus with quiet attention, read the quote for the day that is the focus of the Contemplation. The first time you can read it out loud, or silently to yourself.
- Repeat it silently to yourself. You can either choose a set period of time (for example, 10 minutes) or you can just keep repeating it until you feel like it has sunk in and is complete. You don't need to hyperfocus on it or think too hard about it, and if you are not sure what a word means don't worry about that. Just notice what comes up as you repeat it silently to yourself.
- Are there any specific images, memories, feelings, thoughts, ideas that come up? What does the quote mean to you? Is there anything in that quote that can help you experience more freedom or feel more grateful for life?

As you move through the 10-day period, choose two of the quotes – the ones that spoke most to your heart – to write about on the Reflection Sheet. If you want to write more you are welcome to keep a journal after each Contemplation. You can use the back of this sheet to write more about these two, or to write about others that touch you.

Quote 1: (Please write the quote)

Your response:

Quote 2: (Please write the quote)

Your response: