

## **Getting Settled**

Settle your posture so you have a nice balance between keeping a straight back, yet you still feel comfortable and relaxed. Take a few moments to become present.

## **Nine-round Breathing**

Now bring your awareness inwards, by focussing your attention on the physical sensation of your breath as it enters and leaves the nostrils. Simply breath in and breath out, allowing no thoughts to distract you. Whenever you notice your attention has wandered, bring your focus back to the breath. Do this for a few minutes.

Now, imagine that you are breathing out through left nostril and in through right (no need to physically block your nostrils, this is done in imagination).

As you breath out through left nostril, imagine breathing out, in the form of black smoke, all your disturbing emotions, obsessive thoughts, frustrations, dullness, doubts, confusion. It leaves your body like pollution leaves a chimney, disappearing into space.

As you breath in through the right nostril, imagine breathing in golden light, the physical energy of loving-kindness, compassion, joyfulness, wisdom and understanding, in the form of radiant clarity, that flows into you and fills your whole body.

Do this three times - long leisurely breaths.

Then swap the nostrils over, breathing out through the right and in through left. Do this three times with the same visualisation, as vividly as you can.

Finally, imagine breathing out through both nostrils and in through both nostrils, three times. The black smoke has become thinner, less dense, as you breath out even very subtle negativity, the deepest disturbing emotions. Feel how it is such a relief to be free of them.

When you complete this 9-round cycle, continue breathing in and breathing out radiant, clear light. There is just a fine membrane separating outside and the inside, with clear radiance permeating all.

## **Adjusting Your Motivation for the Day**

From this feeling of spaciousness and clarity, check your thoughts and adjust your purpose for today's activities so it becomes courageous, altruistic and vast. Start where you are, with the short term wish to be free of a particular problem or accomplish a specific goal. Then extend it to the medium and long term. In the spirit of a child who constantly questions, ask "why" at least three times to deepen your motivation.

Include a vision of benefit for oneself, and then expand out to those close to you,. Then encompass your community, your country, the world, and determine that your day bring benefit to all. Include some prayers or poetry to inspire you....

*"What is the purpose of being alive today? It must be something more important than drinking coffee! Today I will develop bodhicitta, leading to the peaceful path of liberation and full awakening for the benefit of all beings. From this moment on, until I go to sleep, I shall stay aware of every action of my body, speech and mind. Wherever possible I shall try to help, and at the very least I will not harm." - Lama Thubten Yeshe*

## **Reflection Worksheet – Morning Motivation**

1. What do you usually think as you begin your day?

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2. My most important and immediate tasks I need to accomplish today/this week are:

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3. They matter because they support my longer terms goals by:

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4. Discover your deeper goals or concerns - ask yourself "why get up?" at least three times:

Task/goal \_\_\_\_\_ Why?

Because... \_\_\_\_\_ Why?

Because... \_\_\_\_\_ Why?

Because... \_\_\_\_\_

5. In the medium-term, the three main goals I am working towards are:

(a) \_\_\_\_\_

(b) \_\_\_\_\_

(c) \_\_\_\_\_

6. The inner qualities, skills and strengths I need to cultivate to attain these are:

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7. The main obstacles (afflictive emotions, trigger situations) I need to look out for are:

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8. Describe your tribe, 'your people', who your very existence and perseverance can benefit:

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9. Ultimately, these things are what matter most to me:

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10. Compose a morning motivation that includes the above goals, inspires and encourages you:

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