

## **A SACRED FRAME FOR YOUR DAY**

### **The practice upon awaking**

#### **Contemplate birth**

- Slowly and gently, acknowledge waking consciousness as it coalesces and emerges from the sleep state.
- Recognize “I am alive,” give thanks, and offer all actions of body, speech, and mind on this day for the benefit of all.
- Each time you awake, dedicate your awaking to the awakening of all.

### **The practice before sleeping**

#### **Contemplate karma**

- Sitting upright, review the day. (This review can take a couple of seconds or as long as you like. Trust yourself to be able to see the day as a whole and to be aware of its significant moments or events.)
- See your actions of body, speech, and mind that have aligned with your highest purpose. Acknowledge them. Offer the love and merit for all.
- Then see this day’s actions of body, speech, and mind that were not fully aligned. Acknowledge them and replay in your mind those moments, actions, choices unfolding in alignment.
- This clears the slate of mind for you to sleep in clarity and ease.

#### **Contemplate impermanence and death**

- Recognize in sleep and death the continuity of mindstream.
- Offer brief calm abiding or awareness practice.
- Dedicate to the liberation of all beings the merit you have generated on this day.
- Rest in your natural state...and sleep.