

The Seven Factors of Awakening
Tranquility
Practices and Reflections

In each of the following weeks repeatedly spend time with the reflection and practices for that week. It would be helpful if you also discussed your reflections with others.

Week 1: Sources of tranquility

Reflection: What helps you feel tranquil, calm or peaceful? What are the activities that most easily bring you a sense of tranquility? Is it some kind of physical activity? Do you generally feel more peaceful indoors or outdoors? Are you more likely to feel tranquil when you are with others or when you are alone? When you're with others, do you feel more tranquil while talking or listening?

Practice: At the end of each day reflect on when you felt the most calm or peaceful. Reflect on (and perhaps write down) the conditions that supported that feeling and then reflect on the conditions that disrupted that feeling. Also reflect on whether your level of calmness affected the calmness of others around you.

Week 2: The feeling of tranquility

Reflection: How does it feel to be tranquil? What is the feeling in your body? How is your mind state when you're tranquil? How is feeling tranquil different than feeling "spacey" or complacent?

Practice: Spend more time than you normally would with activities that support a feeling of calmness or peacefulness. Notice how your body feels when you feel peaceful or relaxed. Also notice your mind state and emotional state when you have this feeling. Is the feeling of tranquility consistent or does it fluctuate?

Week 3: Increasing tranquility

Reflection: Please come up with a list of easy ways that you can increase the frequency and amount of calmness during your daily life. What are some of the easy ways you can avail yourself of more serenity? What are some of the obvious occurrences in your daily life that you often overlook which would support a feeling of calmness if you really noticed? Are there activities or situations in your life that detract from your sense of calmness that can be easily minimized?

Practice: These weeks spend more time than you normally would doing activities that support a sense of calmness or peacefulness. Notice how you feel before, during and after the activities. Notice how

your meditation practice is affected by your degree of calmness. Also notice how your meditation practice affects your peacefulness in daily life.

Week 4: Tranquility in meditation
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Reflection: During meditation do you find that tranquility or calmness arises? Do you value your meditation sessions based on the amount of calmness you experienced? Do you think it was a “bad” meditation if you felt restless?

Practice: During your meditation practice notice if you feel calm or tranquil. Notice whether you feel attached to the calm feeling. Also notice if you feel agitated or restless. Can you calmly note the agitation?