

Clear Comprehension Reflections (offered during a non-residential retreat):

Purpose:

- Take some time during the first days of the retreat to reflect on the aspirations you have for your life. What are your highest aspirations and ideals? How does the practice support those aspirations? Which of your daily activities directly support those aspirations?
- What are the priorities by which you actually live your life? Sometimes we live by priorities that are not fully acknowledged. Are these priorities in line with your deepest aspiration?
- If you feel in conflict about some of your priorities, allow yourself to rest with the feeling of conflict, investigate it and explore it. You might uncover an underlying belief or assumption that the feeling of conflict arises out of.
- During the week, as you make choices to engage in various activities, practice pausing for a moment to give yourself an opportunity to reflect on the purpose or motivation behind the activity.

Suitability:

- Take some time to reflect on the activities that you usually engage in during your week. Many of them might not be directly related to your highest aspirations. In this exploration I offer two areas to explore:
 1. Be honest with yourself about those activities that actually pull you away from your highest aspiration, and see if you can let go of them during this week of practice. Notice the impact that letting go of those activities has on your mind and heart.
 2. For activities that you need to engage in, but you don't feel are directly in line with your highest aspirations, see if you can come to an understanding of whether they are within the framework of the Dharma, and see if you can engage with them from that perspective.

Domain:

- Work with the practices suggested for cultivating mindfulness throughout your day.

Reality:

- During times when you feel a strong sense of "me", see if you can recognize the aspects of the experience that you identify as "me", and see what happens as you observe them.
- If you find yourself strongly identified with an experience, use a reflection about not-self. You might incline the mind towards thinking the thought: "This experience is not me, not mine, not who I am."