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# WHAT IS PRACTICE?

## GUIDED WORKSHEET

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Our practice is the work of our entire life. It encompasses the way we think, the way we act, the way we treat ourselves and others, and our relationship to our home, nature, and all its inhabitants. Clarifying and spending time with the following practice ideas can encourage us to experience who we are within the flux of our lives. Remember, this life is yours and there is no way to do this practice incorrectly.

### Taking Action

1. Read one slogan each morning, hold it in your mind for the day, and write a few Daily Reflections in the evening.
2. Add one slogan to each Monday morning on your calendar.
3. Use a slogan you find interesting as a prompt for a lunch conversation with a close friend.
4. Print out a few slogans and tape them to your car dashboard, the top of your laptop, or anywhere you will see them regularly.

| Day | Practice Slogan   | Daily Reflections |
|-----|---|-------------------|
| 1   | Practice is about experiencing the truth of who we really are.                                      |                   |
| 2   | Practice is about being with our life as it is, not as we would like it to be.                      |                   |
| 3   | Practice is about clarifying our belief systems so that even if they remain, they no longer run us. |                   |

| Day | Practice Slogan  | Daily Reflections |
|-----|--|-------------------|
| 4   | Practice is about seeing through the illusion of a separate self.  |                   |
| 5   | Practice is about learning to be kind, but we will never be kind until we truly experience our unkindness.                                       |                   |
| 6   | Practice is about attending to and experiencing wherever we're stuck, whatever we're holding, whatever clouds our True Nature.                   |                   |
| 7   | Practice is about willingly residing in whatever life presents to us.  |                   |
| 8   | Practice comes back again and again to the basic koan: "What <i>is</i> this?"- always pointing directly to the experiential truth of the moment. |                   |

| Day | Practice Slogan  | Daily Reflections |
|-----|--|-------------------|
| 9   | Practice is about turning away from constantly seeking comfort and trying to avoid pain.       |                   |
| 10  | Practice is about learning to be non one, not giving solidity to any belief system-just Being. |                   |
| 11  | Practice is about becoming free of the slavery of our self-judgments and our shame.            |                   |
| 12  | Practice is about seeing through the false promise of our ideals and fantasies.                |                   |
| 13  | Practice is about becoming a lamp unto ourselves.  |                   |
| 14  | Practice is about moving from a life of emotional upset toward a life of equanimity.           |                   |

| Day | Practice Slogan  | Daily Reflections |
|-----|--|-------------------|
| 15  | Practice is always about returning to our True Nature.   |                   |
| 16  | Practice is about the growing ability to say thank you to everything that we meet.                                 |                   |
| 17  | Practice is about the transformation of our unnecessary suffering.   |                   |
| 18  | Practice is about the clash between what we want and what is.  |                   |
| 19  | Practice is about increasingly entering into Love- not personal love, ut the Love that is the nature of our Being. |                   |
| 20  | Practice is about turning from a self-centered view to a life centered view.                                       |                   |

| Day | Practice Slogan   | Daily Reflections |
|-----|---|-------------------|
| 21  | Practice is about finally understanding the basic paradox that although everything is a mess, All Is Well.                      |                   |
| 22  | Practice is about appreciating our preferences without making them demands.   |                   |
| 23  | Practice is not about suffering, but <i>learning</i> from our suffering.  |                   |
| 24  | Practice is about perseverance-the ability to continue in our efforts even though life doesn't please us in the ordinary sense. |                   |
| 25  | Practice is about learning to live from the open Heart-the Heart that only knows connectedness.                                 |                   |

| Day | Practice Slogan   | Daily Reflections |
|-----|---|-------------------|
| 26  | Practice is about becoming free of our attachments and the suffering that is born of those attachments.                           |                   |
| 27  | Practice will always entail forgiveness, at least as long as there is even one person whom we can't forgive.                      |                   |
| 28  | Practice must ultimately deal with the most basic human fear, the fear of extinction, whether of the physical body or of the ego. |                   |
| 29  | Practice is about learning to say yes to what's happening even when we hate it.   |                   |

| Day | Practice Slogan  | Daily Reflections |
|-----|--|-------------------|
| 30  | Practice is about giving ourselves to others, but like a white bird in the snow. |                   |
| 31  | Practice always comes back to the <i>willingness</i> to just be.                 |                   |

Practice slogans taken from: [At Home in the Muddy Water: A Guide to Finding Peace within Everyday Chaos](#) by Ezra Bayda