

Meditation 14

The Benefits of Formal and Informal Practice

Do a session of formal practice with any of the topics we've discussed so far such as establishing pure motivation. Notice the change in your mind from before you start the practice to after the practice.

Next, observe any change in your mind that takes place between the time you start and end a period of informal practice. For example, you might establish pure motivation on your way into work, bringing the mind back again and again to that motivation throughout your shift, and dedicating the merit at the end.

Notice any differences between the quality and power of your practice in the formal and informal practice sessions. Do they support each other?

Reflect on the changes in your mind at times when you only did one or two sessions of formal practice each day. Then reflect on the changes that took place when you didn't do formal practice but tried to practice throughout your daily life. Think about times when you did both.

When did you see the most genuine change?