

cloister sessions

1 dawn

- Set your resolve for the duration of the session, and make a promise to yourself to hold that resolve with integrity and honor
- Recite Cloister Prayers up to Main Practice section [or comparable prayers in your daily practice sadhana]
- Morning Contemplation: Prioritizing Dharma
- Shamatha: three to seven cycles of 7 full breaths
 - The amount of time this takes to complete is highly individual. So is the structure of daily morning practice. Do as much as appropriate in light of your individual circumstances to fill the one hour session.
 - Experiment with short micro-sessions holding concentration without wavering within the micro-session, then letting mind relax without change in body posture. The key point is to time the micro-session to the length you are able to retain attention without distraction outwardly (agitation) or inwardly (dullness).
 - The length of concentration and release are also highly individual; find your balance. Generally, release is up to half as long as concentration. For example, a micro-session may be a cycle of 7 full breaths, and the release would be half the time it takes you to complete that cycle. The micro-session could be as short as a full inhalation, exhalation, or one cycle of inhale and exhale.
- Any other daily practices
- Review your session of practice, rejoice and take in the good, acknowledge and let go of the rest
- Aspiration and Dedication Prayers
- Set a resolve for the next period of the day to observe mind with attentive care, with the intent not to get entangled with self-importance and kleshas, and make a promise to yourself to hold that resolve with integrity and honor

2 day ▪ instruction session

[10am to noon USA MT]

3 dusk

- Set your resolve for the duration of the session, and make a promise to yourself to hold that resolve with integrity and honor
- Recite Cloister Prayers up to Main Practice section
- Shamatha: seven cycles of 7 full breaths using micro-sessions and release
- Analytical Meditation: as instructed in each day's group session
- Review your session of practice, rejoice and take in the good, acknowledge and let go of the rest
- Aspiration and Dedication Prayers, including the Aspiration Prayer for Mahamudra
- Set a resolve for the next period of the day to observe mind with attentive care, with the intent not to get entangled with self-importance and kleshas, and make a promise to yourself to hold that resolve with integrity and honor

4 dark

- Set your resolve for the duration of the session, and make a promise to yourself to hold that resolve with integrity and honor
- Recite Cloister Prayers up to Main Practice section [or comparable prayers in your daily practice sadhana]
- Evening Contemplation: Rejoicing in our Priceless Opportunity
- Shamatha: three to seven cycles of 7 full breaths
 - The amount of time this takes to complete is highly individual. So is the structure of daily morning practice. Do as much as appropriate in light of your individual circumstances to fill the one hour session.
 - Experiment with short micro-sessions holding concentration without wavering within the micro-session, then letting mind go without change in body posture. The length of concentration and release are also highly individual, practice to find your balance.
 - The key point is to time the micro-session to the length you are able to retain attention without distraction outwardly (agitation) or inwardly (dullness).
 - Generally, the release is up to half as long as concentration. For example, A micro-session may be a cycle of 7 full breaths, and the release would be half the time it takes you to complete that cycle. The micro-session could be as short as a full inhalation, exhalation, or one cycle of inhale and exhale.
- Any other daily practices
- Review your session of practice, rejoice and take in the good, acknowledge and let go of the rest
- Aspiration and Dedication Prayers
- Set a resolve for the next period of the day to observe mind with attentive care, with the intent not to get entangled with self-importance and kleshas, and make a promise to yourself to hold that resolve with integrity and honor