

MID-MORNING DAY TWO

(end of period)

During the retreat, each day, we will be asking you to pay special attention to some activities that you usually do as a normal part of living here.

Today and for the rest of the retreat, we would like you to try to pay extra special attention to going in and out of doorways. For most of you this means entering and leaving the bathrooms. For some of you, your dorm rooms.

Try to be mindful of the actual process; the arm reaching for the handle, the hand grabbing, the pulling out or pushing in of the door, stepping through the entrance, turning of the body, pulling or pushing the door closed, letting go, etc. If you wish, you can use mental noting to try to help you with developing stronger awareness; reaching, grabbing, pulling/pushing, stepping, turning, pulling/pushing, etc.

To be right there. Try to let go of the past, let go of the future. Try to find the Peace that can exist right there in the moment of opening and closing a door.