

## MID-MORNING DAY THREE

(end of period)

Yesterday we had a special mindfulness activity of opening doors, going through doorways, and shutting doors. Please try to continue with this mindfulness exercise.

Today we are going to add another special mindfulness activity.

Please put forth extra effort towards mindfulness of washing your dishes. We are going to try to wash the dishes, in order to be aware of washing the dishes; not only to get clean dishes.

So when you are taking your dirty plate, glass, spoon, etc. to the dish-washing pans, try to bring extra awareness to the whole activity, from the beginning until the end. While you are standing in line, try to be aware of standing, then stepping forward, standing, stepping, until you reach the pans.

Try to be aware of placing the dishes into the cold water, feeling the temperature of the water and the action of the hands. Then, try to be aware of moving the dishes to the pan with the soapy water and wiping the plate with the sponge. You can feel the texture of the soapy water, and the movement of the hands.

Continue the awareness as you move the dishes to the next pan of rinsing water, moving, and rinsing. Then moving again to the next pan, and finally walking to put away your dishes in the racks. If you wish, you can use mental noting to aid in your awareness, such as "washing", "placing", "cold", etc.

Try to be just there, washing the dishes, as best you can.