

TOUCHING THE EARTH programme

Preparation

- this will be a period without email, phones or mobiles, so set up your 'vacation' messages and turn everything off (you will interact online at specific times, but you must avoid distraction such as a quick check on emails)
- have a clock to check the time, not your mobile
- create a calm, clear space in which to practice, ideally a room where you will not be disturbed. Set up your cushion or chair and create a 'shrine' with flowers or other objects eg crystals or stones
- have food and drink ready to eat (ideally warming and vegetarian), avoid coffee or alcohol
- ideally you will be alone, so if possible negotiate a 'do not disturb or talk' arrangement with those you live with – but if you live with children or people who need you to be around, make your interaction part of the practice
- do not watch TV, do not read anything but meditation books, and stay acutely mindful until you go to sleep

Friday evening

Meet at 8pm on Zoom.

Go to bed early and use the 'prepare for sleep' soundtrack.

Saturday

- 8.30am - practice a yoga, or T'ai Chi, or take a brisk walk
- 9.00am – Zoom class
- 10-12.30pm – solo practice, for example follow this schedule twice:
 - 20 minutes reading the text and prostrations (as directed by Simon)
 - 20 minutes mindful slow walking
 - 20 minutes sitting meditation
 - 10 minutes to relax and do nothing
- 12.30 pm – lunch, prepared and eaten mindfully, and rest
- after lunch, take a walk in nature, being acutely aware of all your senses in turn and exploring your environment with fresh eyes
- 2pm – Zoom class
- 3-5.30pm – solo practice, as above
- 6pm – dinner, prepared and eaten mindfully, and rest
- 7.30pm – yoga or T'ai Chi
- 8pm – Zoom class
- before bed - make notes of any experiences, insights or ideas that have emerged
- commit to sound sleep, and practice gratitude at the first moment of waking

Sunday

- 9.30am - practice a yoga, or T'ai Chi, or take a brisk walk
- 10.00am – Zoom class

