

## **Donald Rothberg, Ten Ways of Deepening Practice (April 2024)**

1. Attend retreats (times of intensive training) of one day or longer regularly.
2. Remember the core intention to be aware and awake as often as possible.
3. Connect being aware or mindful and/or working with a wisdom teaching with lovingkindness and compassion.
4. Ask often: What is my practice right now? (It might be mindfulness while walking or doing the dishes, or lovingkindness or compassion with someone, or some other way of being present and aware and being guided by wisdom and kindness.)
5. Ask: What is my next step (or what are my next two steps) in deepening my practice? What is my learning edge? It might involve committing to a regular practice, or adding a second period of formal meditation, or taking a mindful walk every day, or bringing awareness to cooking, or bringing kindness into meetings and gatherings, etc.
6. Pausing (stopping and re-setting) a few times a day is key.
7. Prioritizing in one's life. Asking: What is most important? What do I need to let go of to make more room for what is most important?
8. Recognize the importance of subtle-body energy work, as in many approaches (including Qigong, some Tibetan practices, some aspects of yoga, etc.), and bring this into one's life, helping with embodiment and shifting one's sense of the body.
9. Invite "not doing" in meditation and daily life, and balance this with the importance at times of doing (there are talks on "doing and not doing" given previously by Donald that can be found on Dharma Seed).
10. Know ways of coming back when one is stuck or lost or not present or caught in reactivity. One can set intentions to notice when these occur and to respond as skillfully as possible.