

# Annex 1 – Tracking

Tracking is a highly efficient exercise conceived by the Tibetan Buddhism. By simply observing your actions, it gives you the possibility to change your habits, your perceptions and even the reality in which you are living.

How to do the Tracking:

1. Write your intention on the top of each page
2. Fill in one section after the other before your start performing your Intention-Ritual. Write down only the facts – without any judgement, without any evaluation or emotional reaction. For example concerning the Tracking of an intention relating to the food, you may write something like:
3. **YES** : ‘ate a banana between the meals’  
**NO** : ‘again i have eaten way too much!’
4. In the section ‘to do’ , write down your idea of how you can better hold your intention; for example: ‘share the importance of my project with my best friend’

**My intention**

Before breakfast (covers the time between the last tracking and now):

+

-

to do

Before lunch (covers the time between the last tracking and now):

+

-

à faire

Before dinner (covers the time between the last tracking and now):

+

-

à faire

# ANNEX 2 – Notebook for exercises

You can write your answers in the cases provided; if you don't have enough space, use another sheet.

## EXERCISE 1 – survey concerning the subject matter

Answer the following questions:

1. What is the subject to which you want to apply your intention (disease, lack of ..., etc.)?

2. Formulate your intention concerning your subject.

## EXERCISE 2 – children and faith

Why do you think, it is easier for children to have faith than for adults?

## EXERCISE 3 – Refuge and mental shield

What is your Refuge Thought(s)?

What is your Mental Shield to protect you from negative thoughts?

## **EXERCISE 4 – what is faith?**

Jesus healed the sick, multiplied bread, resurrected the dead... and when his disciples asked him about it, he answered: “You can do the same, if you have faith!” What do you think he meant by ‘faith’?

## **EXERCISE 5 – around your intention**

Answer the following questions the most honest you can; they may help you to better know yourself:

1. Do you believe in the success of your intention?

2. What could impede the success?

3. Can you attain your goals in one go or would it be better to break it down into smaller steps?

4. Can you visualize your goal? If ‘yes’ describe it.

5. How important is your goal for you? What are you ready to invest and what to drop to attain it?

6. Are you ready to commit to a discipline? If 'yes', how much time do you want to invest a day?

7. Are you ready to drop your 'natural scepticism'?

## EXERCISE 6 – intention and time

1. What would be a reasonable timeframe to attain your goal?

2. How many times can you do the ritual with your intention easily during the day? Note that it is mor important to not to skip and cheat than to make a great effort!

- 1 time a day; at this moment: \_\_\_\_\_
- 2 times a day; at these moments : \_\_\_\_\_, \_\_\_\_\_
- 3 times a day; before each meal

## EXERCISE 7 – your meditation space

1. Find your meditation space and arrange it so it will be inspiring and welcoming for you.
2. Find an image that represents the goal of your intention and hang it on the wall in your meditation space.

## EXERCISE 8

Write your intention again in the light of what you have learned in the previous chapters.

Once you are happy with your intention, write it down and hang it also on the wall of your meditation space.

## EXERCISE 9 - Tonglen

Tonglen (meditation with your karmic partner)

- Settle down in your meditation space
- Feel how a white light is emanating from you heart: “I express the desire to feel good and to be free of all suffering. I appreciate the goodness and the love that emanates from my heart.”
- Now visualize the suffering of your karmic partner in detail. Once you have a clear image, see this suffering as a dark cloud that envelopes your karmic partner.
- Breath this dark cloud into you heart – il will burn up completely as soon as it comes into touch with the white light from your heart.
- Contemplate for the while how the person is now liberated from the suffering and rejoice the experience.

## EXERCISE 10 – le intention ritual

1. Settle down in your meditation space.
2. Look at the image for your intention for a moment just to get connected to your intention.
3. Close your eyes and imagine for about 10 minutes the process of the healing in all the details you can come up with (example: how the self-healing drops that you take, go to the place where the healing is taking place; see how healing happens; see how you feel now that you are healed and see what you can do now that you are healed...
4. Once the visualization is complete, open your eyes and take your plasma medicine with joy and gratitude.

## **EXERCISE 11 - meditation**

Anchoring point or plain awareness.

1. Find a posture in your meditation space where you can be comfortable for a while.
2. Take a few deep breaths, calm without forcing.
3. Choose one of the following techniques and stick with them:

1. **The Anchoring Point**

Relax and put your attention on an object; this could be any object, the flow of thoughts, a mantra, the regular beating of a drum, a prayer, a song... stay focused on this object for about 20 minutes. Do not force; if you cannot remain focused for the whole time, start with some minutes and raise the bar gradually.

2. **Plain awareness**

Observe the flow of thoughts and emotions without attaching to them – let them go by like clouds in the sky. When you get distracted, just come back to be the watcher.

Be attentif of what goes on in your mind and body without judging or exploring it; if a judgement comes up, pronounce 'judgement' inside you and come back to watching.