

Spirit Rock

Masters Insight Meditation Retreat @ Home Flexible 30 Day Schedule

30-Day Flexible Retreat Plan: Continuity of Awareness

Overview:

This schedule is designed to help you gradually weave continuous mindfulness throughout your day. While live-streamed sessions remain your anchor points, the recorded teachings and daily practices encourage you to notice awareness as a continuous thread running through all experiences.

Week 1: Building the Foundation for Continuous Awareness

Theme: Establishing a steady base of mindful presence that you can carry through your day.

- **Daily Live/Recorded Anchors:**
 - **Watch/Attend a Dharma Talk or Sitting Instruction:** Focus on the idea of staying present throughout transitions in your day.
 - **Core Meditation:** Practice 20-30 minutes of sitting meditation, emphasizing noticing the subtle shifts in awareness.
 - **Additional Practices:**
 - **Mindful Moments:** Choose one routine activity (e.g., brushing your teeth or preparing a meal) and practice being fully present during that time.
 - **Journaling:** Reflect on moments when awareness slipped or stayed continuous. How did it feel?
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Week 2: Cultivating Continuity Through Daily Practice

Theme: Deepen your practice by interspersing formal meditation with mindful check-ins throughout the day.

- **Daily Live/Recorded Anchors:**
- **Attend/Watch Two Sessions This Week:** One for instructions (e.g., sitting/chanting) and one Dharma talk that explores integrating mindfulness into everyday life.

- **Meditation Practice:** Increase your sitting or walking meditation to 30-45 minutes.
 - **Additional Practices:**
 - **Mindful Pauses:** Set reminders to take a 1-2 minute pause hourly, bringing awareness to your breath and sensations.
 - **Extend Mindfulness:** Apply continuous awareness to more activities—notice sensations while commuting, doing chores, or interacting with others.
 - **Reflect:** Journal about what techniques help maintain a steady flow of awareness during daily tasks.
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Week 3: Deepening Insight into Continuous Awareness

Theme: Explore the nature of awareness by observing its presence during both calm and challenging moments.

- **Daily Live/Recorded Anchors:**
 - **Prioritize Guided Sessions on Metta or Q+R:** Focus on how compassion and curiosity enhance continuous awareness.
 - **Longer Meditation Sessions:** Aim for 40-60 minutes of combined sitting and walking meditation, observing how awareness naturally weaves in and out.
 - **Additional Practices:**
 - **Mini-Retreat Day:** Set aside a longer period (e.g., a morning or afternoon block) where you refrain from digital distractions. Use this time to notice the continuity of awareness in a quiet environment.
 - **Awareness in Action:** During challenging moments, try pausing, taking a deep breath, and noticing the flow of thoughts and sensations.
 - **Reflect:** Write down insights about how awareness persists even amid distractions or stress.
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Week 4: Integrating Continuous Awareness Into Daily Life

Theme: Transition from formal practice to making continuity of awareness a natural part of your life.

- **Daily Live/Recorded Anchors:**
- **Revisit Any Missed or Favorite Sessions:** Focus on sessions that emphasize practical applications of continuous awareness.
- **Short, Consistent Meditation:** Keep a daily practice of 20-30 minutes, either sitting or through mindful movement.
- **Additional Practices:**

- **Everyday Mindfulness:** Choose several routine activities (e.g., eating, walking, or talking) to practice continuous, open awareness.
 - **Mindful Reflections:** End each day with a few minutes of reflection, noting moments when awareness was sustained and areas for further growth.
 - **Plan Ahead:** Consider creating a sustainable mindfulness routine post-retreat—perhaps a brief check-in during each transition in your day.
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Final Thoughts

By the end of these 30 days, you will have:

- Developed a stronger, continuous thread of awareness that you can carry into every moment.
- Experienced the teachings both live and on-demand, allowing for repeated engagement and deeper understanding.
- Built practical tools to integrate mindfulness seamlessly into your daily life.

This flexible schedule is designed not just to offer you a retreat-like experience, but to help you cultivate **continuity of awareness**—an enduring practice that transforms even the simplest moments into opportunities for mindfulness and insight.

Contact Us:

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