Practical Buddhism

Applying Buddhist philosophy and Practice to Issues of Daily Life

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Exercises

Exercise One:

Thought	**Feeling**	
I want 20,000	Excitement	in alignment
I don't have anything to offer for it.	Powerlessness	out of alignment
My friends tell me I'm being unrealistic.	Irritation	less out of alignment
I have skills. one of them might be a money maker.	Optimism	becoming aligned
I'm going to bounce this one off of an entrepreneur.	Eagerness	more in alignment
I know I can do this. Other people have.	Empowerment	fully in alignment

You can see how this person went from negative thoughts, attracting what he didn't want to eagerness and empowerment, attracting what he wants. You can do this on purpose by paying attention to what you feel.

Exercise 2:

When you feel a negative emotion, stop and notice what you were thinking about. A negative emotion is telling you that your inner, universal self is not in alignment with what you were thinking, or that you were thinking the opposite of what you desire, thus attracting what you don't want.

b. Once you've identified the negative thought, ask yourself, "What do I want regarding this? Then shift your thinking to what you want.

c. If you can't shift from negative to positive quickly, once you know you are being negative, then try out thots that will move you out of negative feelings and into positive ones, as we did in exercise 1.