

Contemplations for Busy People

23

May I be mindful of HOW I do things and cultivate awareness of the many small steps in my life.

24

May I learn to truly perceive, appreciate, and enjoy the inconspicuous and ordinary.

25

May I not avoid or flee from the uncomfortable.

26

May I not flee into inner or outer distraction when I am alone.

27

May I befriend silence.

28

May I cultivate stillness in my mind and focus in my attention so that I may engage in deep listening.

29

May I find the strength and determination to leave my smartphone at home whenever I can.

30

May I free myself from restricted views of my self and identifications, and may I touch my true self, which is naturally and effortlessly interconnected with everything.

31

May I understand how the principles and values of society and of my family permeate my concepts of work and busyness, and guide my actions and emotions.

32

May I accept when others see me as not busy.

33

May I laugh each day at my imperfections.

34

May all beings be happy.



These contemplations help us look deeply into our busy lives. We can pick and choose two or three sentences, and consciously connect to them in silence. When working with longer pieces of text, it's recommended to allow at least three mindful breaths between the individual sentences.

1

May I reduce my reactivity and cultivate distance from my impulses.

2

May I cultivate space between activities, during which I reassure myself with a smile, and live and work in freedom and joy.

3

May I view my surroundings and myself with loving kindness.

4

May I lessen my judgments of others and myself.

5

May I not lose myself in the future or my projects and not seek refuge in success in the outside world.

6

May I enjoy natural breaks during the day as true gifts rather than fill them with unnecessary activities.

7

May I cultivate awareness of my state of mind at any moment and act accordingly.

8

May I recognise when impatience, dissatisfaction, fear, or irritation arise in me, and may my words, deeds, and thoughts not be ruled by these states of mind.

9

May I regularly and consciously invite states of mind such as joy, shared joy, compassion, serenity, or patience rather than wait for them to come to me.

10

May I create brief periods of leisure during busy days, where there is nothing to do, and my planning mind can rest and be free from the logic of achieving goals.

11

May I not deceive myself, not rationalise my actions, and not pretend to be busy.

12

May I find the right balance between work and non-work.

13

May I learn to dwell peacefully in the present moment, enjoy my simple being, and touch the deep joy of non-doing.

14

May I regularly enter into a mode of non-contact with work and projects, and grant myself permission to be unavailable.

15

May I pursue tasks aligned with my values and not use my life energy to serve meaningless purposes.

16

May I experience the joyful relaxedness of single-tasking and stop unnecessary multi-tasking.

17

May I regularly take time to reach a state of mindfulness and concentration rather than work, listen, or make decisions in an "autopilot" mode.

18

May I not leave all options open to myself and make wise, value-based decisions to reduce the number of options available to me in order to embark on a steady path in my life.

19

May I find wise teachers, like-minded people, and companions to offer guidance and support on my path.

20

May I identify the true volition in my life and not numb myself with activity and work.

21

May I not get caught by the busyness and breathlessness in my surroundings.

22

May I invest more time and energy into taming my mind.