SPIRITUAL AWAKENING HUB

Buddhist Contemplative Practice

7-Day Practice Plan

Attention, goodwill, and direct observation of change

THREE 7-DAY JOURNEYS

Mindfulness of Breathing

Loving-Kindness (Metta)

Contemplation of Impermanence

Use one practice for seven days, or move through all three as a 21-day contemplative sequence.

How to Use This Buddhist Plan

This workbook turns the three Buddhist practices on your SAH page into short, progressive seven-day journeys. Each week moves from simple observation toward greater independence, so the practice becomes something you can carry into ordinary life rather than something that only happens while following instructions.

TRADITION NOTE
These are introductory SAH adaptations inspired by Buddhist contemplative traditions. They do not represent every Buddhist school or lineage and are not a substitute for lineage-specific instruction.

Choose your rhythm

One practice at a time: Complete one 7-day journey before beginning the next.

Three-week sequence: Move through Practice 1, Practice 2, then Practice 3 for a 21-day exploration.

Return selectively: Repeat the practice that is most relevant to what you are working with now.

The three practices

1. Mindfulness of Breathing - Train attention by returning gently to the natural breath whenever the mind wanders.

2. Loving-Kindness (Metta) - Develop goodwill gradually, beginning close to home and widening the circle with care.

3. Contemplation of Impermanence - Observe change directly in breath, sensation, thought, emotion, and ordinary life.

A useful rule: do not judge the week by whether every session felt calm or profound. Judge it by whether you noticed more clearly and practiced more deliberately.

Mindfulness of Breathing

Purpose: Build steadier attention without trying to force a blank mind or manufacture a special state.

Buddhist | 7 days | Suggested daily time: 5-15 minutes unless your page practice specifies otherwise.

DAY 1 | Find Your Breath Anchor

Focus: Discover where breathing is easiest to feel.

Practice: Sit for about five minutes. Notice the breath at the nostrils, chest, or abdomen. Choose one location and return there whenever attention drifts.

Reflection: *Where was the breath clearest today?*

[ ] Completed Date: _____

DAY 2 | Notice Wandering

Focus: Recognize distraction without turning it into failure.

Practice: Each time you discover planning, remembering, judging, or imagining, quietly note "thinking" and return to the next breath.

Reflection: *How did I respond when I noticed I had wandered?*

[ ] Completed Date: _____

DAY 3 | Follow a Complete Breath

Focus: Stay with the changing shape of one full breath.

Practice: Notice the beginning, middle, and end of each inhale and exhale. Let breathing remain natural.

Reflection: *What changed when I followed the whole breath instead of only "watching breathing"?*

[ ] Completed Date: _____

Mindfulness of Breathing - Days 4-7

DAY 4 | Return Without Judgment

Focus: Make the return itself the practice.

Practice: Today, pay special attention to the moment you wake up from distraction. Treat that recognition as awareness, not as evidence that you are bad at meditation.

Reflection: *Could I return without criticizing myself?*

[ ] Completed Date: _____

DAY 5 | Breath and Body Together

Focus: Broaden attention while keeping the breath as an anchor.

Practice: Feel breathing together with posture, contact points, and subtle body sensations. Return to the breath whenever awareness becomes scattered.

Reflection: *Did broader awareness feel steadier, busier, or both?*

[ ] Completed Date: _____

DAY 6 | Open the Field

Focus: Let sounds, sensations, thoughts, and breathing coexist.

Practice: Begin with the breath, then gradually allow other experiences into awareness without chasing any one of them.

Reflection: *What was easiest to notice without getting pulled into it?*

[ ] Completed Date: _____

DAY 7 | Practice Independently

Focus: Use less guidance and trust what you have learned.

Practice: Sit for 7-10 minutes with the breath as your home base. Let the practice unfold without constantly checking whether you are doing it right.

Reflection: *What did I notice this week that I normally overlook?*

[ ] Completed Date: _____

Loving-Kindness (Metta)

Purpose: Cultivate a steadier intention of goodwill without forcing emotion, sentimentality, or premature forgiveness.

Buddhist | 7 days | Suggested daily time: 5-15 minutes unless your page practice specifies otherwise.

DAY 1 | Begin With Yourself

Focus: Practice sincere goodwill toward your own wellbeing.

Practice: Spend 5-10 minutes using simple phrases such as: May I be safe. May I be well. May I meet this life with care. Let the phrases be intentions, not magic words.

Reflection: *Which phrase felt most believable or useful?*

[ ] Completed Date: _____

DAY 2 | Someone Easy to Appreciate

Focus: Let goodwill arise where it comes naturally.

Practice: Bring to mind a benefactor, trusted friend, teacher, elder, or someone whose presence makes warmth easier. Offer the same wishes of wellbeing.

Reflection: *What changed when goodwill had an easy object?*

[ ] Completed Date: _____

DAY 3 | A Friend or Loved One

Focus: Notice care without clinging or trying to control.

Practice: Bring to mind someone you care about. Wish them safety, wellbeing, and freedom from unnecessary suffering without rehearsing what you want them to do.

Reflection: *Could I wish them well without turning the practice into worry?*

[ ] Completed Date: _____

Loving-Kindness (Metta) - Days 4-7

DAY 4 | A Neutral Person

Focus: Extend goodwill beyond people who matter directly to you.

Practice: Choose someone you recognize but barely know. Remember that they also have fears, hopes, ordinary problems, and people they care about. Offer simple goodwill.

Reflection: *What happened when I practiced care without personal attachment?*

[ ] Completed Date: _____

DAY 5 | A Mildly Difficult Person

Focus: Practice goodwill without denying harm or abandoning boundaries.

Practice: Choose only someone mildly difficult - not someone associated with abuse, trauma, or danger. Wish for the conditions that would support wiser, less harmful action.

Reflection: *Could goodwill coexist with disagreement or boundaries?*

[ ] Completed Date: _____

DAY 6 | Widen the Circle

Focus: Move from individuals toward wider human concern.

Practice: Include familiar people, strangers, people you agree with, and people you do not understand. Do not force equal warmth; practice equal recognition of human vulnerability.

Reflection: *Where did resistance appear as the circle widened?*

[ ] Completed Date: _____

DAY 7 | Full Loving-Kindness Practice

Focus: Bring the whole progression together.

Practice: Use your SAH guided Loving-Kindness meditation or practice independently: self, benefactor, friend, neutral person, difficult person, wider beings.

Reflection: *What did seven days of goodwill reveal about how I relate to myself and others?*

[ ] Completed Date: _____

Contemplation of Impermanence

Purpose: Turn impermanence from an abstract idea into something you can actually observe without using it to dismiss loss, care, or meaning.

Buddhist | 7 days | Suggested daily time: 5-15 minutes unless your page practice specifies otherwise.

DAY 1 | Breath Changes

Focus: See beginnings and endings in something always available.

Practice: Watch several breaths arise, develop, and end. Notice that even apparently repetitive breathing is never perfectly identical.

Reflection: *What did I notice about change inside something so familiar?*

[ ] Completed Date: _____

DAY 2 | Sensation Changes

Focus: Observe the movement inside bodily experience.

Practice: Choose one sensation - pressure, warmth, tension, tingling, an itch. Watch whether it stays exactly the same.

Reflection: *Did the sensation remain fixed or reveal movement?*

[ ] Completed Date: _____

DAY 3 | Sounds Arise and Pass

Focus: Notice change without needing to cause it.

Practice: Spend several minutes listening. Observe sounds beginning, changing, fading, and being replaced without your control.

Reflection: *What disappeared without me having to make it disappear?*

[ ] Completed Date: _____

Contemplation of Impermanence - Days 4-7

DAY 4 | Thoughts Do Not Stay

Focus: Watch mental events rather than treating each one as permanent truth.

Practice: Notice thoughts appear, occupy attention, and give way to other thoughts. Do not try to stop them. Watch the succession.

Reflection: *Which thought seemed important and then simply passed?*

[ ] Completed Date: _____

DAY 5 | Emotion Has Movement

Focus: Notice change without demanding immediate relief.

Practice: If an emotion is present, observe its intensity, location, texture, and movement. Impermanence does not mean it must vanish quickly.

Reflection: *How did the emotion change while I watched it?*

[ ] Completed Date: _____

DAY 6 | Impermanence in Ordinary Life

Focus: Take the contemplation off the cushion.

Practice: Notice daylight shifting, food cooling, weather changing, a conversation moving, traffic clearing, or a mood passing.

Reflection: *What ordinary change would I normally have missed?*

[ ] Completed Date: _____

DAY 7 | The Whole Field

Focus: Bring breath, body, thoughts, emotions, and surroundings together.

Practice: Use your SAH guided impermanence audio or sit independently and observe experience as a changing field.

Reflection: *What did I used to experience as fixed that now looks more like a process?*

[ ] Completed Date: _____

Buddhist 7-Day Practice Reflection

Use this page after completing one 7-day practice or after finishing all three. Short, honest answers are enough.

1. Which of the three practices changed the way I noticed experience most clearly?

_____
_____
_____

2. Where did I confuse a difficult session with an unsuccessful session?

_____
_____
_____

3. What did I learn about attention, goodwill, or change that I can use in ordinary life?

_____
_____
_____

4. Which practice do I want to continue for another seven days - and why?

_____
_____
_____

Practice is not measured by how spiritual a session feels, but by how honestly awareness begins to enter the rest of your life.

Spiritual Awakening Hub