

Basic Instructions for Slogan Practice

Note: These instructions are for contemplating the words/ideas of slogans. There is another set of instructions for incorporating more elements to the practice.

- Whether it is a mug, a t-shirt, a tote bag or a note on an index card, notice it is there and make a deliberate decision to give it your attention and focus.
- Take a moment to set a grounded, centered, upright but relaxed posture.
- Let your thoughts settle a bit, until your mind is relatively quiet, and your body is generally relaxed.
- Read the slogan.
- Close your eyes and say the slogan in your mind from memory.
- Now say it out loud 2-3 times.
- Reflect on what it means. What are its implications for you personally?
- Set an intention for how you might use it during your day. How might it influence how you interpret, experience, and respond to events and encounters? Is there something you anticipate that day, perhaps some challenge, where the slogan might be useful to keep in mind? Is there something in particular that you might do because of this slogan?
- Take a moment to set your intention. It is one thing to imagine something you *might* do. It is another to *decide* to do something. Decide.
- Leave it and get on with your day and let it be in the background of your awareness, alert for moments when an opportunity arises to put it into practice.
- Rinse and repeat.