

## **February 2012**

I want to say a little something now that I've lived in Seattle for a while. I've been reflecting on how some things are different for me here in the world, as compared to life in the Temple. I have to be more mindful of my training. I would like to share some thoughts with you as I think they may help you also.

The first thing is that I am now totally responsible for my own training. Now that I don't have the support that living in a Temple offers, it is my responsibility alone to keep up my daily meditation and my mindfulness during the day.

In regard to my daily practice I really have to be mindful of myself being pulled out of meditation with greed, hate (anger) and delusion (pride). I have to watch my own proclivities in these areas. Also I have to be careful not to enter ways of the world that pull me out of meditation. One of these ways is to look with eyes of negativity. I want to keep looking at a glass of water as half full, not half empty.

I will talk to you next month.

Take Care, In Gassho

With all my Heart

Rev Master Basil