

FWBO INTERNATIONAL RETREAT 2009

Motivation and determination reflection

First of all we remember what we are like when we are at our best.

We remember how pleasant this is for us, and the effect it has on those close to us.

Then we remember what it is like to be in bad state, whatever form this takes for us – ill will and irritability, addictive craving, or depression. We remember what this feels like, and the effect it has on others.

Then we go back to the first stage – what we are like when we are in a good state.

Now we connect with our desire to be in a good state more of the time. We remember how happy this would make us, the effect on others, and the alternative. We connect with our strong desire to put our decisions for this retreat into practice, for our own sake and for those close to us.

We remember that if we put our decisions into practice we will start a positive spiral. If we don't we will undermine ourselves.

We might imagine ourselves surrounded by those close to us, the people we care about. Our Dharma friends for this retreat. All of us here. Connect with our sense of solidarity, that we are all practicing for all of us. Sit with this sense of solidarity.

Then we connect with our firm determination to carry out the practices for this retreat, to really do the retreat, for all of us. Sit with this sense of determination.