**“SEEDS OF BECOMING”**

 **1. Seed of Becoming** **2. “Shadow” Seed** **3. Practice – “Shadow” Seed** **4. Opposite Practice**

 **(this feeds seeds of becoming)**

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| # 1 | Creativity | Being Unimaginative | Being unexcited about Life | Excitement at being alive |
| # 2 | Hope  | Hopelessness | Negative outlook on life | Positive Outlook on Life |
| # 3 | Vitality  | Lifelessness | Not Caring About Myself  | Caring about Myself |

1. My seed of Creativity is cultivated by my practice of continually seeking excitement for being alive\_\_\_\_

3 practical steps of this practice are:

(1) Doodling every night in my journal.

(2) Finally using my paints and brushes and easel

(3) Mindfully setting the table, cooking, gardening in a creative way.

1. My seed of Hope is cultivated by my practice of maintaining a positive outlook on life\_\_\_\_\_\_

3 practical steps of this practice are:

(1) Being aware of my negative thoughts and distracting myself to let them go.

(2) At Searmanas, setting an intention not to let my worries/anxieties take over my mind.

(3) Choosing to be in the company of positive people and having fun.

1. My seed of \_\_\_\_Vitality\_\_\_\_\_\_\_ is cultivated by my practice of \_\_\_\_\_\_caring for Myself\_\_\_\_\_\_

3 practical steps of this practice are:

(1) Signing up for a once a week Yoga course near my home.

(2) Going to bed early during my working week so I can restore, relax and be calm for work.

(3) Listening to my body and knowing when I need to rest, exercise and play.