



Illustration by Brother Phap Ban

Contemplations for Busy People

By Kai Romhardt

These contemplations help us look deeply into our busy lives. We can pick and choose two or three sentences, and consciously connect to them in silence. When working with longer pieces of text, it's recommended to allow at least three mindful breaths between the individual sentences.

1. May I reduce my reactivity and cultivate distance from my impulses.
2. May I cultivate space between activities, during which I reassure myself with a smile to live and work in freedom and joy.
3. May I view my surroundings and myself with loving kindness.
4. May I lessen my judgments of others and myself.
16. May I experience the joyful relaxedness of single-tasking and stop unnecessary multi-tasking.
17. May I regularly take time to reach a state of mindfulness and concentration rather than work, listen, or make decisions in an “autopilot” mode.
18. May I not leave all options open to myself and make wise, value-based decisions to reduce the number of options available to me in order to embark on a steady path in my life.
19. May I find wise teachers, like-minded people, and companions to offer guidance and support on my path.
20. May I identify the true volition in my life and not numb myself with activity and work.