

TIGER: THE WINDHORSE OF CONTENTMENT

—Morning—

First, take your meditation seat with an uplifted and relaxed posture. Rest in the present by placing your mind on the breath. Gently and precisely notice and release thoughts as they arise.

(Practice meditation for as long as you would like)

Now, bring the tiger's gentle awareness to whatever is arising in your body, your mind, and your life. Fearlessly acknowledge any discontentment or suffering that arises from the habitual, distracted mind, and extend a sense of friendliness to yourself.

(Do this for a few moments).

Now, contemplate these lines and rest in whatever sense of contentment develops:

Discontentment and suffering arise from the continual search for an external source of happiness and security. Contentment and peace means knowing what is enough and what is good. Instead of continually searching, buying, and struggling to gain, the warrior cultivates contentment by appreciating what is already here.

(Contemplate this for five minutes. You can use the word "contentment" to guide your contemplation.)

Arise with a sense of simplicity and meekness. Go forward into your day with the tiger's mindfulness and appreciation of the world:

When the sun rises, when I see a flower, hear music, or eat delicious food, I will realize the magic of each moment. Like the hair on the back of a tiger bristling with anticipation, I will rise in awe of my good fortune.

The main practice for the day is mindfulness; fearlessly taking an interest in each moment of your experience, knowing that how you act, what you say and what you think will inevitably have an effect. Walk like a tiger, placing your paws carefully. Mindfulness brings contentment and peace.

—Evening—

Take some moments to rest in meditation.

Again, bring the tiger's gentle awareness to whatever is arising in your body, your mind, and your life. Reflect on your day. Consider when the mind was stolen away. Contemplate when you felt content, present, and appreciative.

Fearlessly acknowledge any discontentment or suffering that arises as you reflect on your day and extend a sense of friendliness to yourself. Simply notice whatever arises.

Now, go to sleep with a sense of appreciation that you are truly on the path of gentleness, mindfulness, and warriorship.

Sleep contentedly.