

Practice	What are your current practices? <i>(activities/exercises of growth and development)</i>	What is the primary cause of each practice? <i>Eg Attention solely absorbed into the movement of breath</i>	What qualities are you using each practice to develop?	Are there any shifts necessary to maximise how effective the practices are for you and how directly they will develop the qualities aimed at?
Lifestyle	What qualities do you want to develop through your lifestyle?	What can you actively do on a day to day basis to develop these qualities?	What external factors are detrimental to your development? What can you do to mitigate them?	What external factors are supportive of your development? How can you maximize their benefit?
Introspection and Self awareness	How can you apply introspection and self-awareness to your process of cultivation? <i>What should you pay more attention to?</i>	In your practice?	In your Day to day activities?	

The Cultivation Of Attention

Ying-Ying Zheng



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