

Pratipaksha Bhavana & the Mastery of Thought

SAMPLE
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Our thoughts affect our experience of every moment of life.

Like lenses that we sometimes don't even realize we're looking through, they color and change everything we see, hear, and do.

In today's yoga practice, we'll explore the mastery of thought using the practice of Pratipaksha Havana.

Here we'll be interested in how we are able to improve our experience of our day by stimulating uplifting, positive thoughts or emotions using a custom mantra.



MORNING

Thought or emotion I want to be free of Doubt Thought or emotion I want to experience Confidence
(From your Communion Blocks Worksheet)

My Pratipaksha Bhavana Mantra is... I am filled with clarity and confidence
Stated in the present tense, positively, and concisely. Take inspiration from the thought or emotion you want to experience.

Three places I plan to practice my Pratipaksha Bhavana Mantra today for 3 minutes...

- After my morning meditation
- After arriving at work
- When my alarm goes off at 1:34pm

EVENING

How I felt...

Before I practiced my 3-minute mantra... Agitated and distracted. Overwhelmed by too many things to do.

After I practiced my 3-minute mantra... More calm and relaxed.

*Pro tip: be specific about your *before* and *after* looking for even the subtlest changes that arise as a result of your effort. Note them down, so-called positive and so-called negative alike. Be calm and accepting.*

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MORNING

Thought or emotion I want to be free of _____ Thought or emotion I want to experience _____
(From your Communion Blocks Worksheet)

My Pratipaksha Bhavana Mantra is... _____
Stated in the present tense, positively, and concisely. Take inspiration from the thought or emotion you want to experience.

Three places I plan to practice my Pratipaksha Bhavana Mantra today for 3 minutes...

1. _____
2. _____
3. _____

EVENING

How I felt...

Before I practiced my 3-minute mantra... _____

After I practiced my 3-minute mantra... _____

*Pro tip: be specific about your *before* and *after* looking for even the subtlest changes that arise as a result of your effort. Note them down, so-called positive and so-called negative alike. Be calm and accepting.*