

*label: start

*header: Mindful Review

This tool will guide you through the Mindful Review practice (Appendix E from The Mind Illuminated).

*question: Click to continue

Start a mindful review with notes (these can be emailed to yourself afterwards)

Let's go!

*goto: practicenotes

Start a mindful review without taking notes

Let's go!

*goto: practicenoteless

Find out More about the mindful review practice

Ok, let's learn more about the Mindful Review Practice

*goto: about

*label: about

*header: About the Mindful Review Practice:

From The Mind Illuminated:

/"As mindfulness meditation improves, we naturally grow more mindful in daily life as well. Yet, you've probably noticed this spillover just isn't as strong or consistent as it could be, often failing right when we need it most. In the morning, we may resolve to be more mindful, only to realise in the evening that we weren't nearly as successful as we'd hoped. This Mindful Review practice is the most powerful tool I know of for improving mindfulness in daily life. The personal transformations it produces not only remove obstacles to your meditation practice, but lead to a happier life in general."/

/You will regularly review and reflect on your thoughts, emotions, speech, and actions. By performing this review consistently, you will increase the power and effectiveness of mindfulness in your daily life, which in turn helps your meditation progress by removing obstacles to unification of mind, pacification of the senses, and the arising of meditative joy."/

Steps:

1. Set aside a period of time each day
2. Choose several events from your day or since your last review that stand out as unwholesome activities of body, speech, or mind. Also, choose several wholesome activities to congratulate yourself.
3. For each event:
 - a. Recall the event in detail; what you felt, what you thought, how mindful you were, etc. As well as the consequences of what you did.
 - b. Practise mindfulness with clear comprehension, focusing on the deeper intentions driving those particular thoughts, emotions, words, or actions.
 - c. Practice replacing unwholesome intentions that lead to clinging and suffering with wholesome ones that lead to greater freedom from suffering.

*question: Click to continue

Start a mindful review with notes (these can be emailed to yourself afterwards)

Let's go!

*goto: practicenotes

Start a mindful review without taking notes

Let's go!

*goto: practicenoteless

*header: Part 1: Mindfulness

Choose an event for reflection

*label: practicenotes

*list: expandable

How to choose events for reflection

Events to celebrate are those in which your behaviour was governed by the wholesome intentions of renunciation, good will, and harmlessness.

Events to work with are those in which your behaviour was governed by the unwholesome intentions of craving, ill will, and harmfulness.

*question: In brief, describe an event that you would like to practise with

*type: paragraph

*save: event

*throwaway

The event you're practising with is:

{event}

*question: What was your mental state at the time? What were your thoughts, emotions, and where was your attention? Don't get sucked back in to this mental state; stay mindfully aware, with a kind acceptance of those thoughts and feelings.

*type: paragraph

*save: detail

*throwaway

The event you're practising with is:

{event}

Your mental state was:

{detail}

*question: How mindful were you during this event? What was your awareness like, and how aware were you of the larger context?

*type: paragraph

*save: mindfulness

*throwaway

The event you're practising with is:

{event}

Your mental state:

{detail}

Your level of mindfulness:

{mindfulness}

*question: What were/will be the consequences of your actions/thoughts?

*type: paragraph

*save: consequences

*throwaway

The event you're practising with is:

{event}

Your mental state:

{detail}

Your level of mindfulness:

{mindfulness}

The consequences:

{consequences}

*question: Regret, resolve, and recompense: do you *regret* any aspect of what you did? If so, *resolve* to bring more mindfulness to the situation next time. Is there's anything you can do now to *compensate* for the adverse effects of what you did?

*type: paragraph

*save: regret

*throwaway

*header: Part 2: Mindfulness with Clear Comprehension

*list: expandable

More on Mindfulness with Clear Comprehension

From The Mind Illuminated:

"Mindfulness with clear comprehension means knowing our underlying motives and intentions, and how they relate to our personal values and aspirations. In this part of the review, we'll focus on the intentions driving the particular thoughts, emotions, speech, and actions of the selected event. Of the two parts of the Mindful Review, this is the one that ultimately has the most impact and significance. Its powerful psychological effects will quickly bring you closer to Awakening"/

"...Every time you consciously renounce the belief that you can achieve happiness or avoid suffering through manipulating the world around you, you deny craving and are less subject to this delusion. The more often you recognise unwholesome intentions based in Self-clinging and replace them with wholesome, more selfless intentions like loving-kindness, compassion, patience, and understanding, the more you weaken Self-clinging. You will learn that there is far more happiness to be gained through increasing the happiness of others than through pursuing your own desires."/

*list: expandable

Your Notes

The event you're practising with is:

{event}

Your mental state:

{detail}

Your level of mindfulness:

{mindfulness}

The consequences:

{consequences}

Regret, resolve, recompense:

{regret}

*question: Thinking back to this event, what was the deeper intention or desire behind your thoughts or actions? (e.g. was it based on loving-kindness, generosity, hatred, greed, craving, etc.?)

*type: paragraph

*save: intentions

*throwaway

*list: expandable

Your Notes

The event you're practising with is:

{event}

Your mental state:

{detail}

Your level of mindfulness:

{mindfulness}

The consequences:

{consequences}

Regret, resolve, recompense:

{regret}

Your intentions were:

{intentions}

For unwholesome intentions, notice that these are based on the belief in a separate self, and the belief that our happiness and unhappiness depend on satisfying our cravings (e.g. "if this is different, then I will be happy").

*question: Did these intentions lead to an increase or decrease in your tendency towards clinging and suffering?

*type: paragraph

*save: clinging

*throwaway

*list: expandable

Your Notes

The event you're practising with is:

{event}

Your mental state:

{detail}

Your level of mindfulness:

{mindfulness}

The consequences:

{consequences}

Regret, resolve, recompense:

{regret}

Your intentions were:

{intentions}

Whether these intentions led to suffering or freedom from suffering:

{clinging}

*question: What more wholesome intentions or reflections could you have brought to the event? Imagine yourself back in that situation with these wholesome intentions; when a similar situation arises in the future, they will be more accessible.

*type: paragraph

*save: replacing

*throwaway

Congratulations on completing a mindful review practice! Here's a summary:

The event you're practising with was:

{event}

Your mental state:

{detail}

Your level of mindfulness:

{mindfulness}

The consequences:

{consequences}

Regret, resolve, recompense:

{regret}

Your intentions were:

{intentions}

Whether these intentions led to suffering or freedom from suffering:

{clinging}

More wholesome intentions or reflections you could have brought to the situation:

{replacing}

*question: Would you like an email copy of this mindful review practice?

Yes

Ok, please type your email below

*goto: email

No

*goto: again

*label: email

*question: Please enter your email address (this will not be saved).

*save: emailAddress

*throwaway

Thank you! We have emailed you a copy of your reflections.

*email

*subject: Your Mindful Review Practice

*to: {emailAddress}

*body

Here are your notes from your mindful review practice:

The event you're practising with was:

{event}

Your mental state:

{detail}

Your level of mindfulness:

{mindfulness}

The consequences:

{consequences}

Regret, resolve, recompense:

{regret}

Your intentions were:

{intentions}

Whether these intentions led to suffering or freedom from suffering:

{clinging}

*More wholesome intentions or reflections you could have brought to the

situation:*

{replacing}

*label: again

*question: Would you like to complete this process again with another event?

Yes

Ok, Let's go again!

*goto: start

No

Well done for practising!

*goto: end

First, choose an event for reflection

*label: practicenoteless

*list: expandable

How to choose events for reflection

Events to celebrate are those in which your behaviour was governed by the wholesome intentions of renunciation, good will, and harmlessness.

Events to work with are those in which your behaviour was governed by the unwholesome intentions of craving, ill will, and harmfulness.

Think of an event that you would like to practise with

*wait: 3.seconds

*button: Next

What was your mental state at the time? What were your thoughts, emotions, and where was your attention? Don't get sucked back in to this mental state; stay mindfully aware, with a kind acceptance of those thoughts and feelings.

*wait: 5.seconds

*button: Next

How mindful were you during this event? What was your awareness like, and how aware were you of the larger context?

*wait: 4.seconds

*button: Next

What were/will be the consequences of your actions/thoughts?

*wait: 3.seconds

*button: Next

Regret, resolve, and recompense: do you /regret/ any aspect of what you did? If so, /resolve/ to bring more mindfulness to the situation next time. Is there's anything you can do now to /compensate/ for the adverse effects of what you did?

*wait: 5.seconds

*button: Next

*header: Part 2: Mindfulness with Clear Comprehension

*list: expandable

More on Mindfulness with Clear Comprehension

From The Mind Illuminated:

/"Mindfulness with clear comprehension means knowing our underlying motives and intentions, and how they relate to our personal values and aspirations. In this part of the review, we'll focus on the intentions driving the particular thoughts, emotions, speech, and actions of the selected event. Of the two parts of the Mindful Review, this is the one that ultimately has the most impact and significance. Its powerful psychological effects will quickly bring you closer to Awakening"/

/"...Every time you consciously renounce the belief that you can achieve happiness or avoid suffering through manipulating the world around you, you deny craving and are less subject to this delusion. The more often you recognise unwholesome intentions based in Self-clinging and replace them with wholesome, more selfless intentions like loving-kindness, compassion, patience, and understanding, the more you weaken

Self-clinging. You will learn that there is far more happiness to be gained through increasing the happiness of others than through pursuing your own desires."/

Thinking back to this event, what was the deeper intention or desire behind your thoughts or actions? (e.g. was it based on loving-kindness, generosity, hatred, greed, craving, etc.?)

*wait: 5.seconds

*button: Next

For unwholesome intentions, notice that these are based on the belief in a separate self, and the belief that our happiness and unhappiness depend on satisfying our cravings (e.g. "if this is different, then I will be happy").

Did these intentions lead to an increase or decrease in your tendency towards clinging and suffering?

*wait: 4.seconds

*button: Next

What more wholesome intentions or reflections could you have brought to the event? Imagine yourself back in that situation with these wholesome intentions; when a similar situation arises in the future, they will be more accessible.

*wait: 6.seconds

*button: Next

Congratulations on completing a mindful review practice!

*question: Would you like to complete this process again with another event?

Yes

Ok, Let's go again!

*goto: start

No

Well done for practising!

*goto: end

*label: end

*image: <https://i.imgur.com/zE7XDIW.jpeg>