

## **Notes from 6/11/23 Transform Your Motivation**

From *Essential Spirituality* by Roger Walsh

### Tips for Starting the Practices

- Start easy
- Decide for how long
- Make no exceptions
- Look and learn
- Be gentle
- Start again
- Write it down
- Enjoy yourself
- DO THE PRACTICES

### 6 Exercises to Reduce Craving

1. Recognize pain as feedback
2. Examine the experience of craving
3. Reflect on the costs of craving
4. Recognize underlying thoughts and beliefs
5. Indulge an attachment
6. Frustrate the attachment

### 3 Exercises to Redirect Desires

1. Think of a long time
2. Dedicate an activity to a higher goal
3. Discover your future self

**“Everyone has been made for some particular work, and the desire for that work has been put in our heart.”**

*Rumi*