

108 Days Contract



I am making a commitment to myself and my practice by participating in 108 Days [the Remix]. Starting March 1, 2009, I will meditate every day for 108 days.

During the 108 days:

1. I will meditate daily for at least 20 minutes. (**Daily Commitment**)
2. I will make an appointment to sit every day at a time that is not in conflict with my other responsibilities. (**Weekly Planning**)
3. I will post my 108 days contract in a location where I will see it daily. As an optional supplement, I will use a tool to keep track of my daily commitment that I already interact with every day (e.g., a paper or electronic planner, calendar, cell phone, iPod, post-it notes/written reminders on the fridge, etc.). If possible, I will use a tool with audible reminders. (**Daily Reminder**)
4. I will record my progress daily. (**Daily Tracking**)
5. I will create conditions that support my success. I will get enough sleep, stay hydrated, and do what's necessary to generate the mental and physical energy I'll need to sustain my practice. (**Metta**)
6. I will remain watchful for resistance to my practice. When I feel resistant, I will notice the feeling and follow it to its source. Regardless of the level of resistance I feel, I will meditate anyway. (**Virya**)
7. I will be gentle with myself if I happen to miss a day. If this happens, I will renew my commitment and begin again without delay. I understand that I am creating a habit, not playing a game where there are winners and losers. (**Ksanti**)
8. I will utilize the accompanying website(s) to support my practice and the *kalyana mitta* (spiritual friends) who share my goal in a way that feels right for me. (**Sangha**)

In recognition of the importance of my meditation practice, I enter this intensive practice period with the utmost resolve and dedication.

Signed,

Feel free to modify the wording of this contract to suite your needs but keep the basic guideline in place: Sit daily for 20 minutes for 108 days.

The following attitudes are essential to success in practice:

1. *Don't expect anything*
2. *Don't strain*
3. *Don't rush*
4. *Don't cling to anything*
5. *Let go.*
6. *Accept everything that arises.*
7. *Be gentle with yourself.*
8. *Investigate yourself.*
9. *View all problems as challenges.*
10. *Don't ponder.*
11. *Don't dwell upon contrasts.*

- Bhante Henepola
Gunaratana

abbreviated from
Mindfulness in Plain
English, pg. 39-42