

The 3 Doors Academy

Practice, Journal, and Transformation Guidelines

Write 63 Transformations

A transformation is a shift in behavior or a positive change experienced as a result of reflecting on a challenge or difficulty in your life and applying the practices of the 3 Doors.

Identify Opportunities for Transformation

1. Notice in the moment or later upon reflection, a situation, relationship or experience where you become reactive. Perhaps you feel boredom, disconnection, or some other reaction. Perhaps you feel stuck in an experience and are replaying it in your mind. Or perhaps you feel heavy or agitated in your body, or are talking repeatedly to yourself and even others about an experience.
2. Pause. Turn your attention inward. Take a moment to be with your reflection as it shows up in your body, speech, and mind.
3. Often our experience has many different aspects. Notice what is drawing your attention most strongly as you sit with it. Recognize this opportunity for transformation.
4. Bring this into informal practice and formal practice in the following ways:

Informal Practice

Take one of the precious pills as a support. Let your attention continue to rest on the door that presented itself. By resting clear attention on the stillness of your body, you are taking the white precious pill. By resting clear attention on the silence of inner speech, you are taking the red precious pill. By resting clear attention on the spaciousness of your mind, you are taking the blue precious pill. Stay with your experience and bring awareness to what is happening. This practice can be as short as 30 seconds.

Formal Practice

Establish a good posture and take a few moments to settle. Maintain focus on one of the doors (stillness of body, silence of inner speech, or spaciousness of mind), until you experience a sense of openness and presence.

Now bring the experience of reactivity to awareness. Allow the experience to be fully alive, feeling how it moves in your body, emotions, and mind. Without trying to change or do

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anything, host this experience fully and allow it to move as you draw on the support of the spaciousness, awareness, and warmth of the inner refuge. If you lose connection with the refuge, you may re-focus on one of the doors (the stillness of the body, silence of speech, or spaciousness of mind) or use one of the other practices to release the constrictions of body, breath, and mind in order to fully allow your experience. Please note that we are not making pain our enemy or trying to get rid of our experience.

Abide or rest your attention in any experience of opening or openness as a result of your practice. Should any sense of positive quality or well-being emerge, nourish it with your open attention.

Dedication ~ At the conclusion of your practice session, you can say the dedication poem or simply bring to heart the phrase: *In liberating my own being, may I benefit others.*

Journal

Describe the process of your practice and any shifts you experienced by writing in a personal journal. As you describe your practice experiences over time, your journal will be a great support in the writing of your transformations. Your journal is private and need not be shared with anyone unless you choose to do so.

Transformations

Over the course of the Academy, identify 63 challenges or opportunities for transformation. Practice in relation to those challenges and journal about your experiences both on and off the cushion. Write 21 transformations in each of three areas of reflection:

- a. personal
- b. family/ancestors and close relationships
- c. profession and/or relation to community or society.

Your 63 written transformations will be shared with your mentor. Summarize your experience by writing **one full page** for each of the challenges you have worked with. To fully articulate one transformation, identify which of the three areas of reflection it belongs to, and **include the four stages articulated below, using the headings to organize your writing:**

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1. Reflection

Briefly describe the experience of reactivity you are working with. Use the guidance described earlier in the section Identifying Opportunities for Transformation. Make sure you identify the doorway you are going to explore in your practice. Reflect on any limited sense of yourself that you experience at this time. Is this familiar to you? Does this recur in your life?

2. Selection of the practice

Describe the practice or practices you have chosen for working with this pattern and why.

3. Progression of the practice

Talk about how you practiced with this over time and mention the length of time you have been exploring this challenge. Describe any shifts and changes that occur as you host this particular challenge in abiding or as you bring this challenge to your specific practices on the cushion. Describe your informal practice in daily life (such as seeing this pattern in action and taking one of the three precious pills.) This section should be the longest section on the written page.

4. Result

Describe a shift in your experience that expresses some freedom or new openness or quality that has manifested in your life as a result of your practice.