


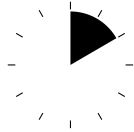











# Practice in Daily Life



Formal Practice



Informal Practice

<div>time meditating</div> <div>amount of attention given to doing the meditation</div>	 <div>10 minutes or more</div>	 <div>Less than 10 minutes</div>
 <div>Most of your attention</div>	<div>Formal Practice</div> <div>  <div>in stillness</div>  <div>in motion</div> </div>	<div>Microhits</div> <div>  <div>in stillness</div>  <div>in motion</div> </div>
 <div>Just a little attention</div>	<div>Background Practice</div> <div>      </div> <div>anywhere, for any amount of time</div>	