

The Cosmic Experience of One

by Jasun Ether

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

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01

Choose one attention anchor

Pick breath, sound, body pressure, or visual space as the place you will return when the mind contracts.

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02

Name your separate-self story

Write the sentence that makes you feel isolated, threatened, or uniquely burdened.

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03

Create a three-minute field practice

Set a timer and include breath, body, room, sounds, and thoughts as one field of experience.

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04

Choose one ordinary kindness test

Select a daily interaction where your spiritual practice must become patience, listening, or restraint.

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05

Write your bypass warning

Name the kind of real-world responsibility you are tempted to avoid by sounding spiritually detached.

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06

Return to the field

Once a day, pause and notice three layers at once: sensation, sound, and thought.

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07

Include the resistance

When you feel contracted, say: this too is part of the field, then locate it in the body.

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08

Practice one less self-defended reply

In one conversation, answer from contact instead of image management.

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