

APPENDIX A: ON A CONTEMPLATIVE ROUTINE

The following list presents a summary of each technique that is recommended for ongoing work. To the right of each is a suggestion regarding a *minimal* inclusion in a contemplative lifestyle. It is assumed that most persons attempting to establish such a routine will have the typical 40-hour workweek, with a need for family time and social interaction, such as attending lodge. Under such circumstances, it can sometimes seem quite difficult to fit contemplative work into your schedule. However, please keep in mind that these are only recommendations, and you should exercise appropriate judgment in developing a schedule for yourself.

<u>Exercise</u>	<u>Frequency of Practice</u>
1:8 – Deep, cleansing breathing	each morning
1:9 – Deeply relaxed breathing	each night
2:4 – The Secret Smile	once daily
3:5 – Meditation on Aum	thrice weekly
3:7 – Integrated contemplation within Secret Smile	once weekly
3:8 – Wisdom, compassion and power contemplation	once weekly
1:21 – Transformative contemplation of vices and virtues	once monthly
3:4 – “I am. What am I?”	once monthly
3:6 – Interactive contemplation of Master Mason	once monthly
1:5 – Attendance of Masonic functions with emphasis on mindfulness of all levels.	at every Masonic function attended
1:1 – Attendance of Masonic functions with emphasis on mindfulness of the physical.	as needed
1:2 – Attendance of Masonic functions with emphasis on mindfulness of the emotional.	as needed
1:3 – Attendance of Masonic functions with emphasis on mindfulness of the mental.	as needed
1:4 – Attendance of Masonic functions with emphasis on mindfulness of the spirit.	as needed

1:15 – The Centering Exercise	as needed
1:19 – Bodily contemplation of opposing emotions	as needed
1:20 – Transformative contemplation of opposing emotions	as needed
Dreamwork	as needed
Study of Science and Spirituality	as needed

Please note that some of these techniques can be combined in a single session. For example, 3:7 or 3:8 can immediately follow 3:5. Likewise, 2:4 can immediately follow 1:8 or 1:9. For exercises with a daily, monthly or weekly schedule, it is suggested that you set routine days and times for each. Any technique may now be used as often as needed. However, those specifically marked “as needed” should be used whenever one feels a lack of awareness or understanding in the relevant areas of life or levels of the psyche. The basic centering exercise, 1:15, should be used whenever you want to perform a purely associative, analytical or intuitive contemplation. Finally, remember that mindful and prayerful behavior has been recommended as an ever-present way of life.