



***ability* comes from consistent training in specific skills**

- ◆ how to sit (body as foundation)
- ◆ resting in stable attention (breath as anchor)
- ◆ opening to sensations, feelings, emotions, thoughts (inclusive awareness)
- ◆ working with resistance: busyness, dullness, attachment, aversion, confusion, doubt
- ◆ building the internal and external supports for consistent practice
- ◆ raising and transforming energy into presence
- ◆ uniting stability and clarity

***willingness* comes from clarifying & cultivating your motivation**

- ◆ connecting with your motivation and aspirations
- ◆ disgust with suffering and intention to be free
- ◆ confidence in the effectiveness of attention in dismantling habituated patterns
- ◆ courage and patience to be present in experience
- ◆ willingness to use whatever arises as fuel for practice