

## **12 Zen Practices... and their Opposites**

I don't know where this list came from so I can't attribute it to anyone at this point. This list of *affirmative* 12 Practices is presented with their *opposites*, so we can see where we fall on the spectrum in our own lives. These might be called Eastern Living and Western Living. Or they might be called *Mindful Living* and *Frenetic Living*. Feel free to use them for yourself, or adapt the terminology in a way that speaks especially to you or your life. Let's see how they look:

### **12 Zen Practices**

#### **1. Do One Thing at a Time.**

→ Multi-task as many things as possible all at once

#### **2. Do It Slowly and Deliberately.**

→ Multi-task as fast as you can, without concern for the quality of the result

#### **3. Do It Completely.**

→ Let everything be half-done. Say YES to tasks without the intention to do what's required to complete them.

#### **4. Do Less.**

→ Always add more and more activities to your time.

#### **5. Put Space Between Things.**

→ Don't take a break, schedule back-to-back events/meetings, just keep pressing on from one thing to the next.

#### **6. Develop Rituals.**

→ Everything is the same, nothing is special

#### **7. Designate Time for Certain Things.**

→ Let life be a giant slush pile of things to do whenever you can do them

#### **8. Devote Time to Sitting**

→ Never give yourself a break to be still and "come home to yourself."

#### **9. Smile and Serve Others.**

→ Have a bad attitude and think only of yourself.

#### **10. Let Cooking and Cleaning Become Meditations.**

→ See cooking and cleaning as drudgery and cheerless chores.

#### **11. Think About What Is Necessary.**

→ Don't take time to evaluate anything.

#### **12. Live Simply.**

→ Let your life become crammed, full of complications and obligations and endless desires.