



“I shall mount to paradise by the stairway of surprise”  
– Ralph Waldo Emerson

Stumbling through life, gazing at the stars, we can miss the greatest treasure beneath our feet. For the ordinary faculties of our soul – how we think, how we feel, how we act – are the rough and fallen forms of our highest spiritual capacities.

These exercises are simple but demanding. By strengthening our capacity to pay attention, they allow us to say the right word and have the fresh thought just when we need to. They gradually lead us out of the mire of distraction and confusion, and allow us to practice what we need most: presence of mind.

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## Chapters

The breaks in this audio file correspond to the following chapters:

### Break #

- 1 – Introduction
- 2 – Thinking
- 3 – The Practice of Thinking
- 4 – Doing
- 5 – The Practice of Doing
- 6 – Feeling
- 7 – The Practice of Feeling
- 9 – Loving
- 10 – The Practice of Loving
- 11 – Opening
- 12 – The Practice of Opening
- 13 – Thanking
- 14 – The Practice of Thanking



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