

# Positive Energy Awareness Challenges

## A Media Fast

For the first 200,000 years of human history, we were only exposed to the news, and the suffering of those immediately around us and our tribes and villages. We saw birth, sickness, death, and wars, but on a limited scale. Only in the past 40 years or so has the news media poured the suffering of the entire world, wars, natural disasters, torture, starvation- into our ears and eyes every day, day after day. If we can decrease our intake of these toxic images, we can more easily establish a heart that is open and a mind that is serene and clear. This is the best foundation we can have if we want to move out into the world of woe and make a positive difference.

**A steady diet of negative news makes the mind ill.  
Give the mind the good medicine of silence, beauty, and loving friendship.**

For one week, do not take in any media. This includes news media, social media, and entertainment. Do not listen to the radio, iPad, or CDs, do not watch TV, films, or videos, don't read newspapers, books, or magazines, don't surf the Internet, and don't check on social media sites such as Facebook or twitter.

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## The Great Earth Beneath You

The Buddha observed that you can pour any liquid, pleasant rosewater or unpleasant sewage, onto the earth, and the earth remains solid and immovable. The earth keeps supporting us no matter what we humans create- beauty or war. Whatever's happening on the surface of our planet, the earth lies firmly beneath us. Mindfulness, meditation, or prayer has the power to train our heart and mind to rest in the state that is equally steady and untroubled.

If you maintain constant awareness of the entire earth beneath your feet and also awareness of yourself as a tiny, temporary, animated spec crawling about on its surface, you may need no other practice.

As often as possible, become aware of the great earth and if you. Become aware through sight and touch, especially the touches on the bottom of the feet. When you are not outside, you can use your imagination feel the earth beneath the floor you are on for the building you are in.