



4) voila! a 5 directions mini-book for your compact.

1) cut away all gray areas (do not cut off flaps A & B)




directions meditation

NORTH



Winter
 Pause between things
 Back of the body
 Equanimity & Steadfastness

I have the ability to enter my experiences fully, without clinging to anything or pushing anything away.

EAST



A

Spring
 Beginning of things
 Left side of the body
 Compassion & Fearlessness

I have the ability to experience my own suffering and the suffering of others without backing away.

SOUTH



Summer
 Peak of things
 Front of the body
 Joy & Generosity

I have the ability to give and receive blessings without reservation. I rejoice in my own goodness and the joys of others.

WEST



B

Autumn
 Ending of things
 Right side of the body
 Loving-kindness

I have the ability to love myself and others unconditionally and without attachment.



CENTER

All seasons & times
 Whole body
 Complete acceptance

I have the ability to know things just as they are. I am connected with all living beings everywhere & protected by my ancestors, guardians, and teachers.

Sharing blessings:
 May the blessings of this practice be of benefit to all beings. May I & all beings know happiness and the roots of happiness. May I & all beings be free from suffering and the roots of suffering.

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3) carefully fold mini-book into an accordion (zig-zig) shape



2) connect three strips using glue on flaps A & B