

How to Move Beyond the Kleshas

Tools to Awaken the Truth of Impermanence:

- Find a meditation center in your area. This could include a Tai Chi studio, Yoga studio or meditation center. Try attending a weekly practice.
- Go for a walk in nature. Nature teaches about impermanence as things are constantly changing, being born and dying.
- Witness your thoughts. Watch them like clouds floating by in the sky, not as concrete things weighing you down.
- Do something playful like a child.
- Try an [online expansion meditation](#) or [Big Sky meditation](#).

Resources:

- Tao Te Ching – Steven Mitchell
- Buddhist Boot Camp – Timber Hawkeye

Tools to Awaken to the Obstacle of Identity:

- Practice “being with what is,” meaning trying to put down judgment of the moment and just *being* in the moment.
- The next time you realize you are acting from a belief, ask yourself the question “Why do I believe that?” Give yourself permission to step back from your belief and ask if it’s actually someone else’s belief that’s been imposed on you.
- Notice if your only option is that things being a particular way. Ask yourself “What else might be possible?” and sit with whatever possibilities arise.
- Try a [mindfulness class or series](#).
- Limit your intake of media to ones who perpetrate less fear and try to report on the facts. Also, limit how much media you take in and how much you scroll through social media.

Resources:

- Dalai Lama – The Art of Happiness
- Eat, Pray, Love – Elizabeth Gilbert
- [Mindfulness Ted Talk](#)

Tools to awaken to the Obstacle of Attachment:

- Start to pay attention to the word “should.” Ask yourself why you should do the things you think?
- Try something new once a week, or maybe every day! Start reprogramming your mind to be happy with change and okay with what arises instead of trying to fit it into what’s “good” or “bad.”
- Clean out a room in your house and give away things you haven’t used in the last six months or one year.
- Find models of people who are happy and who don’t have a lot of attachments or possessions. Spend time reading their words, watching their videos or being near them if possible.



- Find a community who is passionate about something you believe in and who choose to be positive. Make a commitment to do something with them once a week.
- Social and political change starts with the willingness to do small actions regularly. Join an online group like [Wall Of Us](#) or [Indivisible](#) and stand together with people who are working for changes you believe in. Don't do everything – but try to do one 3 minute task per day or per week.

Resources:

- Yamas and Niyamas by Debra Adele
- Meditations from the Mat by Rolf Gates

Tools to awaken to the Need for Discomfort:

- The next time you feel uncomfortable, resist the urge to change it. Try taking 3 breaths, noticing the discomfort, then moving slowly away from it or even staying right where you are. We spend so much energy reacting to discomfort, we often never get to the root and therefore change the CAUSE instead of just the symptom.
- Accept something you don't like about yourself. Decide to love it, embrace it, and find gratitude for some way that it actually helps you or serves you.
- The next time you complain, watch where it comes from and what you hope to accomplish. A much better use of energy is gratitude, praise and a desire for change instead of wallowing in what makes you unhappy.
- Sign up for an online news channel that only promotes [good news](#) or [positive, uplifting stories](#).
- Start to separate pain and suffering. We will sometimes experience pain we don't need it to cause us suffering.

Resources:

- The Book of Joy – Dalai Lama & Desmond Tutu
- Eckhart Tolle – The Power of Now; A New Earth

Tools to awaken to the Truth about Death:

- Do something that makes you feel joy every day (drinking your favorite tea, jumping on a trampoline, going for a walk). Let these moments release your struggles and anxiety, and remind you that nothing needs to change in your life or in the world for you to experience happiness. It is available right NOW.
- Try thinking for 3 minutes a day about the truth that you were born and you will die. Let this lead you to an appreciation of your life, not a fear of your death.
- Meditate on the continuous nature of life. Even though people die every day, the world continues to thrive and evolve. This happened before your life and will happen after your death.
- Call or meet your loved ones and tell them you love them. Even if it is hard, it will allow you to release any regrets around unresolved feelings you are afraid of.
- Meditation can really help with our fear of death. Find a meditation center near you or subscribe to an online [meditation app](#). Many are free!

Resources:

- Thich Nhat Hahn – No Death, No Fear
- Deepok Chopra – Life After Death

