| DURATION OF RESISTANCE  Notice and write down the thoughts in your mind when you try to resist – the thoughts of raga and dvesha. How tolerable is it and what is it like? How does enjoyment change over time when you do the practice? |
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| Notice and write down the thoughts in your mind when you try to resist – the thoughts of raga and dvesha. How tolerable is it and what is it like? How does enjoyment change over time when you do                                       |
| dvesha. How tolerable is it and what is it like? How does enjoyment change over time when you do   |
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