

Practice Log – Week 2

FORMAL PRACTICE: Practice at least six times this week, and choose between the Body Scan meditation or **the Lovingkindness Meditation**.

Try the Lovingkindness Meditation at least once. As before, don't expect anything in particular. Just let your experience be your experience.

INFORMAL PRACTICE: At least once a day, consciously use one of the informal practices you've learned from week 1 or from this week, and make note of it on the **Informal Practice Log**.

Date Completed

Practice Comments (include whether Body Scan, Sitting or Yoga)

<p>17/09/206</p>	<p>EXAMPLE <i>Today was the first day I attempted the Lovingkindness Meditation. During meditation I got reminded of my mother, and all the sacrifices she has made for me and our family. As the meditation continued, I got reminded of the privilege of having the circle of support that I have.</i></p> <p><i>I had trouble relating to the people outside of these circles in a deep level, but I do feel that I can start forming some positive connections as I continue on with the meditation. There are certainly some mixed emotions throughout the session but I find that there is peace in focusing on the positives.</i></p>