

Practice Log – Week 7

FORMAL PRACTICE: Practice at least six times this week, doing either a **Body Scan, Yoga, or Sitting Meditation** (guided or unguided). Also, **listen to the Mountain Meditation or the Lake Meditation at least once**. As before, don't expect anything in particular. Just let your experience be your experience.

INFORMAL PRACTICE: Each day, at the end of the day before you go to bed, recall and record one communication experience on the [Communication Calendar](#). It doesn't need to be a particularly difficult communication, simply one in which you can recollect wanting something in particular to come out of the conversation (even if it was simply wanting a smile or a particular kind of response).

NOTE: For the first time, in this informal practice, we are expanding our mindfulness to include another person's world, and there is a space (4th column) to consider what **they** wanted out of the communication and what **they** actually got. To really do this, you'd have to, at least for the moment, put yourself in the other party's shoes. A complete exploration of this would, of course, include asking them about this, which would be critical in an important communication. **There is a very powerful process that includes a methodology for really understanding another's feelings-wants-needs-perceptions, [Non-Violent Communication](#), which is well worth exploring, but is beyond the scope of this week's practice.**

Date Completed	Practice Comments (include whether yoga, body scan, or sitting)
17/09/206	<p>EXAMPLE</p> <p><i>As a change of pace I did my meditation this morning at my backyard since it was such a lovely day outside. As I sat on the grass with my ear phones I played the Lake Meditation audio from my phone.</i></p> <p><i>I could feel the light breeze and warmth of the morning sun. It definitely helped me visualize the lake. There was a sense of peace, and although there were times where my mind wondered it was a simple task of coming back into this quiet space. Once the bell rang I felt refreshed and ready to tackle the rest of the day.</i></p>

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