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| **Turning Toward Meditation (emotional or physical):** If no issues arise, do sitting meditation.  day 1:  day 2:  day 3:  day 4:  day 5:  day 6:  day 7: |
| **Dealing with difficult emotions or physical pain:** If no issues arise, be grateful and write it down.  day 1:  day 2:  day 3:  day 4:  day 5:  day 6:  day 7: |
| **Walking Meditation:** After the practice, write down your impressions.  day 1:  day 2:  day 3:  day 4:  day 5:  day 6:  day 7: |