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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: |