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| **Mountain and Lake Meditation:** Write down your impressions after the session.  day 1: Mountain Meditation  day 2: Lake Meditation  day 3: Body scan  day 4: Sitting meditation  day 5: free choice  day 6: free choice  day 7: free choice |
| **Choiceless Awareness.** What did you notice?  day 1:  day 2:  day 3:  day 4:  day 5:  day 6:  day 7: |
| **Communications Chart Review:** Describe a communication you had today. It doesn’t need to be a particularly difficult communication.  With whom?  Subject?  What did you want from the conversation?  What did you actually get (in terms of outcome and treatment)?  What do you think the other person wanted?  What did he/she actually get (outcome/treatment)?  How did you feel (physically & emotionally) during and after?  What do you notice now (physical/emotional/mental) as you recall this communication? |