Practice Log – Week 6

FORMAL PRACTICE: Practice at least six times this week, doing either a **Body Scan**, **Yoga** (either Yoga 1 or Yoga 2), or **Sitting Meditation** (guided or unguided). Also, **do either 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...	Practice Comments (include whether yoga, body scan, or sitting)