

mindfulness: practice record week 6

your name:

week starting:

Try practising "Body & breath" or "Breath & body" plus "Befriending" meditations, tracks 1 or 4 plus 7 once & "Breathing space" meditation many times daily. See over page for further notes.

day of the week	time of day	dur'n & cd or ncd	comments on the "Body & breath" or "Breath & body" plus "Befriending" combination & the "Breathing space"
1: first br space			
2: first br space			
3: first br space			
4: first br space			
5: first br space			
6: first br space			
7: first br space			

mindfulness: other practices week 6

Over the page, please keep a record of your once daily "Body & breath" or "Breath & body" plus "Befriending" combined meditation practice and also your "Breathing space" meditations. There is this week's pair "Habit releaser" exercises as well. Please:

- 🧘 Read chapter 10 "Mindfulness week six: Trapped in the past or living in the present?" (pages 183 to 208) and make notes on the companion "Reflection on reading: chapter 10" sheet.
- 🧘 Work with a choice of the "Body & breath" (already covered on pages 82 to 86) or "Breath & body" (already covered on pages 125 to 127) plus "Befriending" (pages 195 to 198) as a combined meditation once daily. When you're familiar with the sequence, consider trying to go through it sometimes without the recording. How is this different? Keep notes in the day-by-day record over the page and add further observations here if you think it might be useful:
- 🧘 It is suggested that you "Continue with the Three-minute Breathing Space meditation aiming to do this twice a day and whenever you feel you need it". This week we also experiment with a different "exit focus". "... when you have finished taking a Breathing Space, spend a few moments noting your thoughts and feelings. See if you can relate differently to your thoughts." See page 205 for five suggestions about this. How did this go?
- 🧘 Habit releaser – try one or both of "Reclaiming your life" and "Do a good-natured deed for someone else" (page 205 to 207). Note here how this went:

