

# **mindfulness: practice record week 5**

**your name:**

**week starting:**

Try practising "Breath & body"/"Sounds & thoughts"/"Exploring difficulty" meditations, tracks 4, 5 & 6 once & "Breathing space" meditation many times daily. See over the page for further notes.

<b>day of the week</b>	<b>time of day</b>	<b>dur'n &amp; cd or ncd</b>	<b>comments on the "Breath &amp; body"/"Sounds &amp; thoughts"/"Exploring difficulty" combination &amp; the "Breathing space"</b>
<b>1: first</b>  <b>br space</b>			
<b>2: first</b>  <b>br space</b>			
<b>3: first</b>  <b>br space</b>			
<b>4: first</b>  <b>br space</b>			
<b>5: first</b>  <b>br space</b>			
<b>6: first</b>  <b>br space</b>			
<b>7: first</b>  <b>br space</b>			

# **mindfulness: other practices week 5**

Over the page, please keep a record of your once daily "Breath & body"/"Sounds & thoughts" /"Exploring difficulty" combined meditation practice and also your "Breathing space" meditations, which now involve several added instructions to help make them even more useful. There is also this week's "Habit releaser" exercise "Sow some seeds (or look after a plant)". Please:

-  Read chapter 9 "Mindfulness week five: Turning towards difficulties" (pages 159 to 182) and make notes on the companion "Reflection on reading: chapter 9" sheet.
-  Work with the "Breath & body" (already covered on pages 125 to 127), "Sounds & thoughts" (pages 141 to 146) & "Exploring difficulty" (pages 169 to 172) 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:

-  "Now we suggest that whenever you feel troubled in your body or mind, you should see the Breathing Space meditation as your first port of call" (pp. 178 to 181). See too the ways in which this short meditation is adapted this week – exploring describing our inner experience, noting and/or counting the breaths, and after expanding attention again to the whole body adding in a focus/breathing into physical areas of tightness/difficulty & bridging back into daily activity more slowly. How did this go?

-  Habit releaser – "Sow some seeds (or look after a plant)" (page 181 to 182). Note here how this experiment went:
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