

WEEK THREE: *Mindfulness and Thoughts*

THEME: Becoming aware of your thoughts

Guided Meditation Practice in Class and for Home Practice:

- Mindfulness and Thoughts

Informal Daily Practice:

- Stop and pause in “daily activities” and gently note thoughts, using the generic term “thinking,” or more specific terms indicating the contour/fell of the thought (eg. Judgment, selfing, planning, remembering, catastrophizing etc.)
- Think of nicknames for some of your most reactive / self-defeating types of thoughts and note these as they come up throughout the day.

Week 3 Class Notes and Reflections

Use this page to take notes during class, and/or record your thoughts, feelings, observations, and questions related to this week's class session.

Week 3 Meditation Practice
Meditation: Mindfulness and Thoughts

Use this and the following page to keep track of your meditation practice and any questions or observations about the practice.

Practice Time	Questions & Observations
Day 1 (Friday)	
Day 2 (Saturday)	
Day 3 (Sunday)	
Day 4 (Monday)	
Day 5 (Tuesday)	
Day 6 (Wednesday)	
Day 7 (Thursday: next class mtg)	

Week 3 Intention Practice

Use this and the following page to keep track of your daily intention and any observations..

	Intention	Observations
Day 1 (Friday)		
Day 2 (Saturday)		
Day 3 (Sunday)		
Day 4 (Monday)		
Day 5 (Tuesday)		
Day 6 (Wednesday)		
Day 7 (Thursday: next class mtg)		

Week 3 Meditation Practice
Meditation: Mindfulness and Thoughts

Overall reflections on this week's meditation practice:

Overall reflections on the process of supporting (and/or avoiding or resisting) your own meditation practice:

Week 3 Informal Mindfulness of Thoughts Practice

judgments as absolute reality. This is exactly why recognizing that thoughts aren't reality can bring tremendous emotional peace.

Depending on the degree of elaboration, thoughts can range from simple, quick bursts of energy in the mind, to discrete thoughts, to elaborate daydreaming. (We owe the distinctions in this diagram to meditation teacher and psychologist Daniel Brown.)

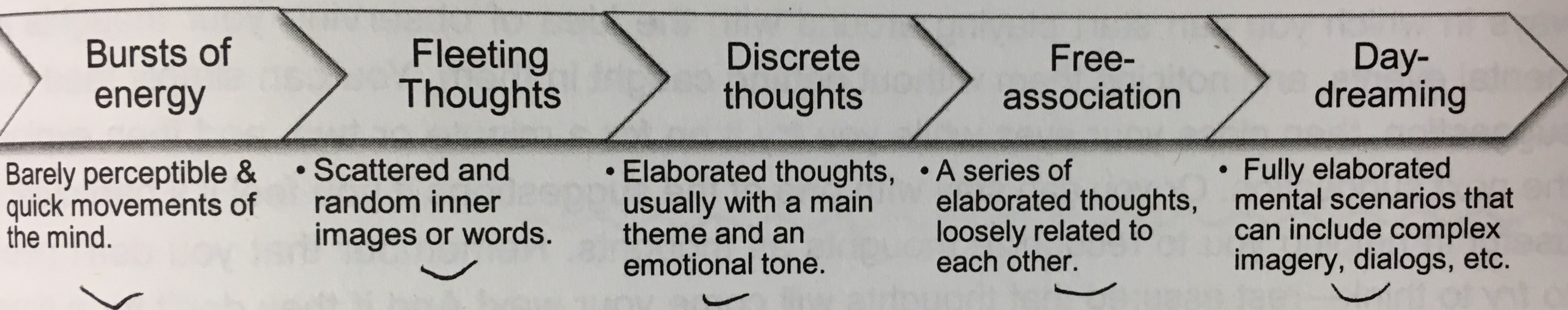


Figure 3]

Following the diagram above, the closer we are to the left, the more we're able to identify a thought as a thought, and the less likely we are to get lost in that train of thought. The closer we are to the right, the more we tend to get lost in our thoughts and the less aware we are of the fact that we're thinking. It's important to know that there's nothing inherently wrong with

CATEGORY	DEFINITION	MEDITATION	EXAMPLE
purpose	the aim of the practice	cultivating attention	staying fit
method	what you do	return to what is already there and rest	jog
effects	experiences that arise as you practice	dull, distracted, relaxed, clear, stable, anxious	energized, invigorated, stiff, sore, tired
results	abilities that develop over time	increased clarity and stability in attention, less reactivity	increased strength, stamina, and muscle tone

SIX SUPPORTS FOR MEDITATION PRACTICE

Like a stone thrown into a pond...