## INTERMEDITATE COURSE IN MINDFULNESS

## 1. TUNING IN

At the end of each day's mediation please rank the strength of the following on a scale of 1 - 10. You don't need to evaluate any of these during the mediation, rather use your memory of the mediation session. This is a mindfulness exercise in noticing the degree to which some things are or are not present during mediation, not an exercise in grading either your mediation or yourself.

	Thur.	Fri.	Sat.	Sun.	Mon.	Tue.	Wed.
Calmness							
Alertness							
Strength of pre-occupation							
Ability to let go							
Motivation							
Enjoyment							
Sensitivity to the body							
Concentration							
Effort							
Quietness of thinking mind							

If any of the above factors changed dramatically during the course of the meditation write down a description of the change and your thoughts of what conditioned the change.

**Hindrances** that were present (on a scale of 1-10):

Desire				
Aversion				
Lethargy/weariness				
Restlessness/anxiety				
Doubt				

After each meditation, record how you worked with the hindrances and how successful you were at overcoming their hindering effects. Also record whatever you notice about how the hindrances effect your alertness.

Also write down a brief description of how your meditation changed over the course of the 45 minutes.

## PLEASE BRING THIS SHEET TO THE NEXT CLASS