

# *mindfulness: practice record week 4*

**your name:**


**week starting:**


Try to practise the "Breath & body"/"Sounds & thoughts" meditations, tracks 4 & 5 of the CD, twice & the "Breathing space" meditation many times daily. See over the page for further notes.


<i>day of the week</i>	<i>time of day</i>	<i>dur'n &amp; cd or ncd</i>	<i>comments on the "Breath &amp; body"/"Sounds &amp; thoughts" combination &amp; the "Breathing space" meditation practice</i>
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<i>2: first second br space</i>			
<i>3: first second br space</i>			
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# **mindfulness: other practices week 4**

*Over the page, please keep a record of your twice daily "Breath & body"/"Sounds & thoughts" combined meditation practice and also your "Breathing space" meditations, which now involve both a couple of "formal" 3 minute practices each day and additionally creative exploration of variable length "informal" practices. There is also this week's "Habit releaser" exercise "A visit to the movies". Please:*

 *Read chapter 8 "Mindfulness week four: Moving beyond the rumour mill" (pages 134 to 158) and make notes on the companion "Reflection on reading: chapter 8" sheet.*

 *Work with the "Breath & body" (already covered on pages 125 to 127) and "Sounds & thoughts" (pages 141 to 146) combined meditation twice 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:*

 *This week we're starting to explore using the "Breathing space" exercise much more as a friend who can travel with us throughout our day (pages 152 to 157). In this way we're never more than a breath away from a more "Being" space and from being able to step back a bit from the constant "Doing" stream of our lives. Keep brief notes over the page and fuller observations here on how this practice goes:*

 *Habit releaser – "A visit to the movies" (page 158). Note here how this experiment went:*

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