Wise Mind Practice

Due Date:	N	ame:		Week Starting:		
Wise Mind	Practice Exer	cise: Che	ck off an exercise each time	e you do o	ne.	
0000 1.	Attended to m	y breath co	ming in and out, letting my	attention	settle into my center.	
2 .	Imagined bein	g a flake of	stone on the lake.			
 3 .	Imagined walk	king down a	an inner spiral stairs.			
4 .	Dropped into t	he pauses	between inhaling and exha	aling.		
 5.	Breathed "wis	e" in, "mind	" out.			
 6.	Asked Wise M	lind a ques	tion (breathing in) and liste	ned for the	answer (breathing out).	
7 .	Asked myself,	"Is this Wis	se Mind?"			
 8 .	Other (describ	oe):				
How effecti Not effe I couldn't do for even 1 mi	ctive: o the skill		oing you become centered Somewhat effective: I was able to practice Wise Mind and became somewhat centered	in your Wi	se Mind? Very effective: I became centered in Wise Mind, and was free to do	
distracted			in my Wise Mind.		what needed to be done.	
1 Describe t	he situation a	2 nd how vo	3 u practiced Wise Mind:	4	5	
How effecti	ve was the pra	ctice in help	oing you become centered	in your Wi	se Mind?	
Not effe I couldn't do for even 1 m distracted	o the skill nute. I got		Somewhat effective: I was able to practice Wise Mind and became somewhat centered in my Wise Mind. 3	4	Very effective: I became centered in Wise Mind, and was free to do what needed to be done. 5	
List anv ar	nd all wise thir	ngs you die			-	
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