**FORMAL PRACTICE:** Practice at least six times this week, doing either a **Body Scan**, **Yoga** (either Yoga 1 or Yoga 2), or **Sitting Meditation** (guided or unguided). Also, **do either the Mountain Meditation or the Lake Meditation at least once**. As before, don’t expect anything in particular. Just let your experience be your experience.

**INFORMAL PRACTICE:** Each day, at the end of the day before you go to bed, recall and record one communication experience on the Communication Calendar. It doesn’t need to be a particularly difficult communication, simply one in which you can recollect wanting something in particular to come out of the conversation (even if it was simply wanting a smile or a particular kind of response).

***NOTE:*** For the first time, in this informal practice, we are expanding our mindfulness to include another person’s world, and there is a space (4th column) to consider what ***they*** wanted out of the communication and what ***they*** actually got. To really do this, you’d have to, at least for the moment, put yourself in the other party’s shoes. A complete exploration of this would, of course, include asking them about this, which would be critical in an important communication. There is a very powerful process that includes a methodology for really understanding another’s feelings-wants-needs-perceptions, Non-Violent Communication, which is well worth exploring, but is beyond the scope of this week’s practice.

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| **Date** | **Formal Practice Comments (Yoga, Body Scan or Sitting Meditation)** |
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| **Describe this**  **communication.**  **With whom?**  **Subject?** | **What did you want from them and/or how did you want to be treated?** | **What did you**  **actually get**  **(in terms of outcome and treatment)?** | **What do you think the other person wanted? What did they actually get (outcome/treatment)?** | **How did you feel**  **(physically &**  **emotionally)**  **during and after?** | **What do you notice NOW (physical/emotional/mental) as you recall this communication?** |
| ***EXAMPLE***  *Called phone company about changing my phone plan, this was the 3rd time I was transferred.* | *I wanted her to change my plan, to take responsibility, to be sympathetic and understanding.* | *I was told I had to talk to someone else and I was transferred a 4th time. She was unsympathetic, even rude.* | *To have me talk to someone else, for me not to be upset. She got me to agree to talk to someone else, but I remained irritated and upset.* | *Tight stomach, shoulders, angry at her and all the time it was taking. Better, once Igot to right person.* | *At first, tightness, but then*  *uneasiness in stomach – feel a*  *little sheepish for being so angry*  *at someone only trying to do their job.* |
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