

INTRODUCTION TO MINDFULNESS: SERIES 2

Class 1: Tuning In

by Gil Fronsdal

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

	Thur.	Fri	Sat	Sun	Mon	Tue	Wed
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 affect 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