

## 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
<b>Calmness</b>							
<b>Alertness</b>							
<b>Strength of pre-occupation</b>							
<b>Ability to let go</b>							
<b>Motivation</b>							
<b>Enjoyment</b>							
<b>Sensitivity to the body</b>							
<b>Concentration</b>							
<b>Effort</b>							
<b>Quietness of thinking mind</b>							

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
<b>Desire</b>							
<b>Aversion</b>							
<b>Lethargy/weariness</b>							
<b>Restlessness/anxiety</b>							
<b>Doubt</b>							

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*