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|  | [|.palousemindfulness.com..](http://palousemindfulness.com) |

**Practice Log – Week 6**

**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**](https://palousemindfulness.com/meditations/mountain.html) **or the** [**Lake Meditation**](https://palousemindfulness.com/meditations/lake.html) **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](http://palousemindfulness.com/practice/week6-informal.pdf). 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](http://www.amazon.com/Nonviolent-Communication-Language-Life-Changing-Relationships/dp/189200528X), which is well worth exploring, but is beyond the scope of this week’s practice.

 …Date… Practice Comments (include whether yoga, body scan, or sitting)

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| *7th day & beyond is optional* |  |