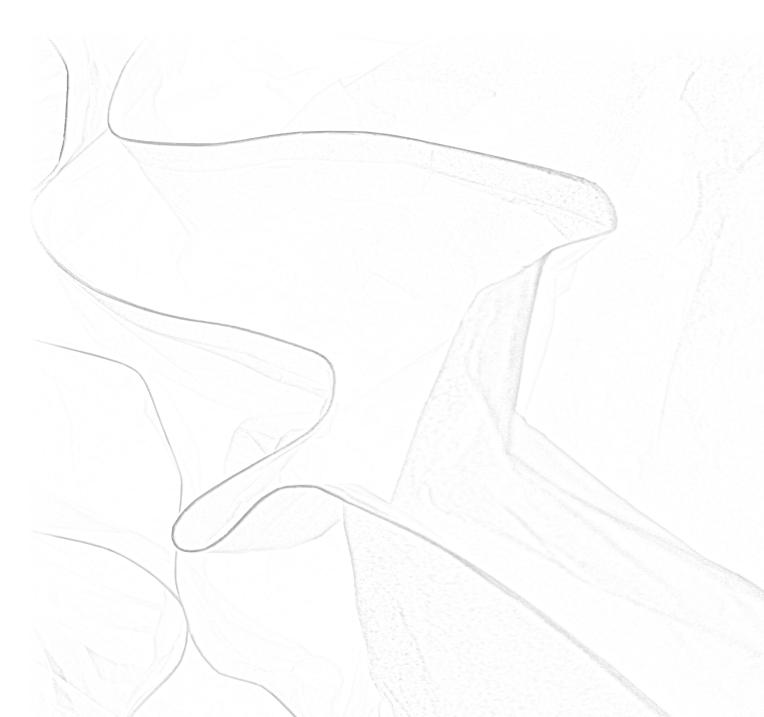
# **Breath Meditation**

7-day journal By Ram Mahalingam



#### Instructions

This week, we will start the grounding practice, the breath meditation. Our goal is to become *diligent* about our practice. Renowned Tibetan teacher Dilgo Khyentse (2007) defines diligence as the *"joyous effort and active determination to carry out positive actions, without any expectations or self-satisfaction."* We have to be diligent at two levels. First, we have to be diligent about our intention to sit for meditation. Second, we have to be diligent during our practice. This week's goal is to work on our **Diligence to Sit (DS)** and **Diligence in Practice (DP)**. You can listen to or download the guided breath meditation below (15 minutes).

Ideally, practice the meditation daily. After completing your meditation, take a few minutes to journal about your practice.

Notice what helps or hinders your **diligence to sit (DS)**. For example, finding time, comfort, lack of energy may interfere with your **DS**. Also, take a few moments to notice the distractions that undermine your **diligence while practicing (DP)**. For example, inner dialogs, wandering thoughts, emotions, or worries may distract you from practicing breath meditation. Counting or labeling, or noticing the sensations of your breath will help you focus on your breath. Make a brief note of these observations after you complete your practice.

These notes will help you to become more diligent.

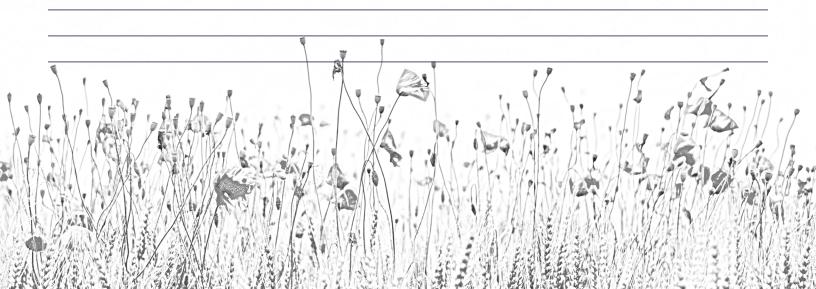
#### Day 1.



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DS/DP Observations:

## Day 3:



## Day 4:

DS/DP Observations:

## Day 5:



#### Day 6:

DS/DP Observations:

## Day 7:

