# Response Sheet – Session 6

This is a reminder to print your log book pages at the end of the session (please use recycled paper) and keep them next to the spot where you meditate so that you will be prompted to keep notes on your meditation practice to discuss with your coach.

If you prefer to keep daily notes -feel free to, however this is not required.

Please keep under 200-250 words for the whole log book.

We encourage you to make the most of this opportunity to receive feedback and guidance from your meditation coach!

6.1 Write a full guided mindfulness meditation. You can choose from a breath practise, a full body awareness body scan or a One Seat meditation. Do not use a meditation that you have written before in the course.

Position & Atmosphere

Grounding

Body Connection – Awareness

Technique

SS

End Grounding

6.2 Isolate a singular meditation technique that you have used in 6.1. This might be the Grounding, an element of the Grounding, a Breathing Technique, a short Body Awareness sequence. Write down the steps of the practice that you could use as a basis for **teaching** others. That is, they can go away and use this practice on their own. We will come back to this teaching practice later when you are working with your buddy.

6.3 a) Write about a time that you trusted your intuition or “gut feeling”. What happened? Did your intuition turn out to be correct?

b) Which of these statements best describe you? There might be several that apply.

c) Automatic Writing Exercise. This exercise will take 3 days to complete. Have some paper and a pen next to your bed and each morning upon waking, write for at least 10 minutes. Write fast without stopping or censoring what you write, even if it doesn’t make sense. Write about anything that comes into your head. The content doesn’t matter. Write from your feelings.

The goal of this exercise is to:

* practise surrendering and trusting
* open up to flowing your thoughts and words
* creating space to listen to your intuition
* encourage less censorship and more spontaneity

Report on how you went and any insights you found.

Complete this exercise even if you are already familiar with automatic writing. Be open to new awareness that may arise in the now.

d) Being able to successfully conduct a scriptless meditation involves listening to yourself fully and lovingly and honouring whatever arises. You don’t have to follow every thought but you do need to listen to each awareness. For the next 3 days instead of automatic writing, write a guided experience. This work will not be assessed or scrutinised, but it does need to be submitted. Write for 10 mins each morning and see what sort of experience comes up. There is no format for this work, you can start the experience at any stage of the meditation process.

Choose one of the 3 guided experiences you have created to share with your coach. (Just an outline is fine, not the whole experience)

e) Let’s take a moment to look at the fears that come up around trusting your intuition and creativity. What is your worst fear when it comes to guiding a meditation? Do some automatic writing about this.

f) What could you do to support yourself around this fear? E.g. Create an affirmation and say it each morning in the mirror, write about the fear until the energy around it dissipates, visualize the worst happening and how you might handle it, or something else.

6.4 As you read the list, choose one or two aspects that you feel you are currently finding the most difficult and do the related activities below to support your growth through this. Report on your progress.

Even if these other areas are giving you no trouble, read through them as they contain some valuable hints on technique not contained elsewhere in the manuals.

Which exercise/s did you choose and how did you go? Record your results.

6.5 a) In this exercise you will be opening to the moment and surrendering to the images, concepts, techniques and opportunities that arise in our awareness.

No agenda or stimulus to begin with.

Just a blank page.

Sit and sit and sit until an image or concept arises, and allow that image to show you how it moves or works, allow it to show you how you can interact with it and play.

Write down or record what you come up with. Allow the meditation to last as long as feels comfortable for you. No need for beginnings and endings just now. Let’s play with the image, experience and interactions and see what happens.

For example, you might sit and find yourself sighing – begin to explore this by allowing some sighs and then see what you feel like doing next. There- you have the beginnings of an original breath meditation.

You may find your attention drawn to a candle in front of you and find it mesmerizing. As you sit with it in an open eye meditation, you are drawn to close your eyes and visualize the image of the candle flame. It feels soothing and comforting. Here is the beginning of a simple but profound visualization.

As you sit you may notice areas of discomfort in your body. You are aware that this needs attention, so you might begin to bring your attention to your breath, settle your focus and begin a body scan, bringing kind, bare attention through the observer to these troublesome areas – this is your mindfulness meditation.

This time is about LISTENING and supporting what you find yourself needing. Inherent in this process is the ability to tune in and intuit the best way to support yourself and others through the experience of an original and spontaneous guided meditation.

What arose for you and what did it unfold into?

b) Over the next week or so, sit with a pen and paper or recorder on 3 more occasions and tune into that awakened surrender. Write down a short description of each of the 3 different concepts you found.

6.6 Record how you went. What went well and what did you find challenging? (make some quick notes while working with your study partner and you can flesh them out after you have finished working with them.)

6.7 Make some quick notes about how you went. What you feel you did well and what did you notice you struggled with? There is no need to record the actual meditations for this question.

6.8 Record the meditation that you create as you are creating it. ♪

(You will be creating and recording 2 meditations in this session and choose one for which you will submit both the recording and the transcript.)

You only need to record your own meditation, not your buddy’s.

How did you go?

Write down any feedback from your session buddy as well as anything you noticed for yourself.

PLEASE NOTE – ONLY SUBMIT ONE MEDITATION, EITHER 6.8 or 6.11 – not both-

Position & Atmosphere

Grounding

Body Connection

Technique

SS

End Grounding

6.9 After reading the above list, asterisk or highlight those that feel most relevant for you. Go with your gut feeling rather than coming from your intellect when making your choices.

Share the items you chose in a discussion with your session buddy.

Make notes here and submit.

6.10 *Submit only transcripts (speaker’s discussion and listener’s reflecting statements) where you are asked to record below.*

1. *Together discuss the concept of the reflecting content skill and:*

*- what it involves;*

*- how it is done.*

*2. Choose one of you to start. Relate a story of a recent or past occurrence. The other person needs to be silent for the time that the other person is sharing, except for nods, or affirming sounds that let the person know you are listening. Please maintain soft eye contact.*

*Once the person has finished speaking. Offer a reflecting content statement.*

*Swap over and give the other person a turn.*

*Now do the whole exercise again, but this time RECORD it. It is best to use a different story. Submit only the TRANSCRIPT to your coach of the recording where you are in the role of the listener. Transcribe what your buddy discussed (in brief if overly long) and also what you reflected.*

For Reflecting Content

Reflecting Feelings

Summarising

6.11 ♪ RECORD your meditation. Submit transcript and recording of either 6.8 or 6.11

Position & Atmosphere

Grounding

Body Connection

Technique

SS

End Grounding

Please note, you will receive written and coaching call feedback on your full length meditation. Based on the feedback you receive, it is highly recommended that you continue practising your full length meditations, particularly leading up to the assessment with your study buddy in your own time. It would be really valuable for you to give feedback to each other based on the criteria given later in this session.

6.12 a) How did your buddy find the practice? Note any difficulties or comments and any suggestions you gave to help.

b) How did you feel teaching the practice, did you experience any difficulty?

Ensure that you send to your coach:

1. ONE of the two meditation recordings with a transcript.

2. Your 3 skill transcripts (one for each skill)

3. Your completed Session 6 response sheet and journal entry.

JOURNAL ENTRY – at the end of each session you will need to write at a paragraph or two on your progress during this session. Highlights and things you really enjoyed or things you found challenging as well as personal reflections (whatever you are comfortable sharing). There will be two parts to your journal entry.

A) Reflecting on your progress in this session

B) Commenting on your personal meditation practice through your Personal Meditation Practice Log Book and asking questions or sharing highs and lows with your coach. If you encounter any challenges, how did you overcome them? Are you still struggling with anything? **This is an opportunity to self-guide meditation (talk yourself through the stages, the technique) and discuss the experience with your coach. At times you will also find it beneficial to be guided and use a meditation from the Library, attend an ACMM Free meditation evening, Retreat or a meditation class.**

A) Reflecting on your progress in this session

B) Personal Meditation Practice Log Book (Complete for the number of weeks it took you to complete this session.)

Week 1

How many times I meditated this week?

Approx duration of each session?

Meditation technique/s used?

Comments as to your progress, anything you noted (funny sensations, difficulty stilling thoughts, cramping, deepening of practice, feeling elated or calm etc) How you overcame challenges and are you still struggling with anything?

Week 2

How many times I meditated this week?

Approx duration of each session?

Meditation technique/s used?

Comments as to your progress, anything you noted (funny sensations, difficulty stilling thoughts, cramping, deepening of practice, feeling elated or calm etc) How you overcame challenges and are you still struggling with anything?

Week 3

How many times I meditated this week?

Approx duration of each session?

Meditation technique/s used?

Comments as to your progress, anything you noted (funny sensations, difficulty stilling thoughts, cramping, deepening of practice, feeling elated or calm etc) How you overcame challenges and are you still struggling with anything?

Week 4

How many times I meditated this week?

Approx duration of each session?

Meditation technique/s used?

Comments as to your progress, anything you noted (funny sensations, difficulty stilling thoughts, cramping, deepening of practice, feeling elated or calm etc) How you overcame challenges and are you still struggling with anything?

If the session took longer than 4 weeks to complete, please copy, paste and complete the questions for subsequent weeks.