

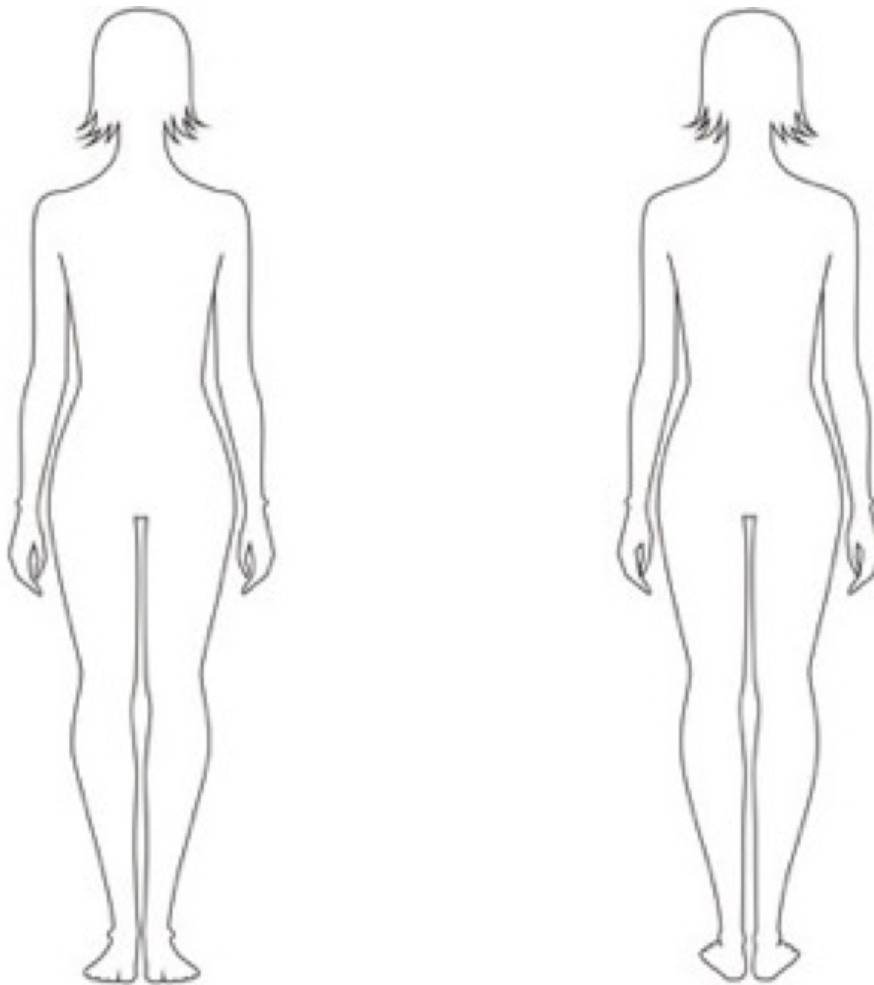
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## Basic Body Meditation

Our bodies talk to us constantly. But often we don't listen. Just as you need to warm up to a conversation with a stranger, you need to warm up to a conversation with your body as well.

Start a log of body meditations for one week. What stands out on a daily basis? What are the common factors you notice?

(Check out Chapter Two to review how to do the basic body meditation.)



Note areas on the picture and write specifically how each one feels.

On a scale of 1 – 10, how strong is this feeling?