Clear and Spacious:

Emptiness and The Foundations of Buddhist Psychology

Lotus Bloom Yoga, Prescott, AZ

3/13/17

willduncan.org/prescott

1. Meditate everyday for a minimum of 5 mins. and identify at least one pleasurable sensation either at the beginning or end of your sit.

2. At least once a day identify a pleasurable experience and take at least 10 seconds to stop and consciously absorb or be present to the feeling.

3. Do written review.

Written Review Class One: **Meditation: Thinking Clearly**

1. List each of the 6 types of meditation and give a very brief description of them.

1)

2)

3)

4)

5)

6)

1. Give a definition of mindfulness
2. List the three flavors of experience and describe how this might manifest in a real life situation.

Feel free to add any questions, comments or feedback to the back of this sheet.