

Three-session practice log

Complete briefly after each session. Keep conditions broadly similar where practical; record differences without scoring your depth.

Session 1

Date / time / recording length / starting energy

What I noticed / how I feel now

One thing to repeat or adjust

Session 2

Date / time / recording length / starting energy

What I noticed / how I feel now

One thing to repeat or adjust

Session 3

Date / time / recording length / starting energy

What I noticed / how I feel now

One thing to repeat or adjust

What patterns did you notice?

Three sessions offer observations, not proof of cause and effect. Leave room for uncertainty.

What conditions seemed to support practice?

What varied, even with similar conditions?

Did I find myself checking or judging?

What is one manageable adjustment to explore?

When you wonder: was I doing it right?

My mind was busy.

Return to the next instruction when you notice.

I heard everything.

Clear hearing alone does not tell you how deep the session was.

I had strange images.

Notice them without needing to interpret them.

I missed part of the recording.

A memory gap alone cannot tell you whether you slept.

Nothing special happened.

Describe what you noticed before judging its value.

You do not need to solve every uncertainty about your session.

A gentle intention for your next session

BEFORE PRACTICE

Choose a comfortable position.

Notice your starting point without demanding a change.

Choose one intention:

"I will follow the guidance as comfortably as I can."

"When I notice checking, I will gently return."

"I will allow this session to be different."

You can adjust, pause, or stop if needed.

AFTER PRACTICE

Take time to reorient.

Name one thing you noticed.

Describe how you feel now.

Choose one thing to repeat or adjust.

Print and cut out these two cards, or keep the page on your phone. Use the reminder that helps rather than treating this as another task to perfect.