

INNER PEACE INSIGHT JOURNAL

Committing to Calm - week three

TODAY'S INSPIRATION

"If you are depressed you are living in the past. If you are anxious you are living in the future. If you are at peace you are living in the present."

- Lao Tzu

MORNING

My overall *feeling* goal for the day is...

Three places I will practice Radical Presence today...

1. _____

2. _____

3. _____

Today, I will anchor myself in the present moment by...

- Focusing on the movement of my breath.
- Feeling the sensation of temperature on my skin.
- Deep listening to the sounds around me.
- Zeroing in on what I'm doing.

Today when I find myself drifting off in thought and disconnected from the moment, I will...

- Take a deep breath and reconnect with the simple feeling of inhale and exhale.
- Close my eyes and stretch with a total focus on the changing sensations in my body.
- Smile and declare victory. I'm becoming more aware of the sabotaging habits of mind!

EVENING

Witnessing the Gap of Misery

Review your day and recall three episodes of unwanted emotion. For each, catalog how Vikshepa, the mind's tendency to wander to an imagined alternative, contributed to your dis-ease.

List the following: a = unwanted emotion. b=the unchangeable reality. c=the mind's imagined alternative

1a. _____

1b. _____

1c. _____

2a. _____

2b. _____

2c. _____

3a. _____

3b. _____

3c. _____

Tomorrow, I will share one example of my Inner Peace success with...

person's name