



**Awareness Practice/Journal Seminar 1**  
*Stillness, Silence, and Emptiness*

1. Did I approach my meditation today with the beginner's mind (in a present and open way recognizing that at any moment I may connect to the infinite)?
2. Was I able to touch the stillness, silence, or emptiness?
3. When my focus wandered, was I able to bring it back without judgment?
4. Was I able to bring the awareness of the stillness, silence, or emptiness into my activities?
5. Did I touch base with my accountability partner today?