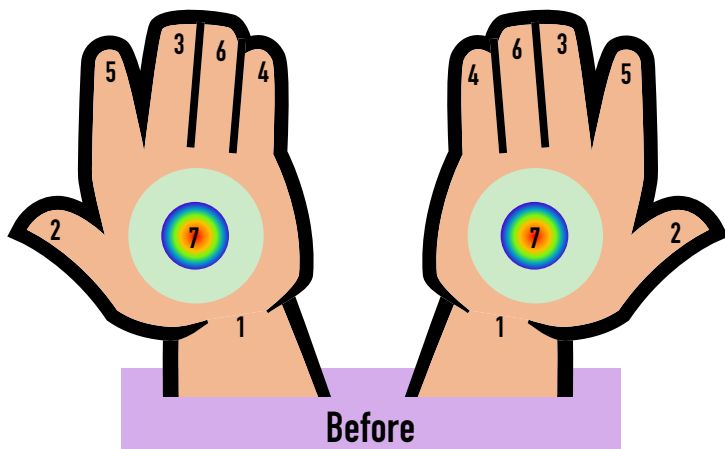


## Meditation Worksheet

Sit comfortably in a chair or on the ground with your palms facing upwards. Raise your Inner Energy by using the technique described in the **Raising Your Inner Energy** handout.

Do you feel any sensations within or around your fingers and hands? For example, you may experience tingling, coolness, heat, heaviness, lightness, pain, or a breeze-like sensation. Hold your hand 2-3 inches above your head...do you feel a breeze-like sensation?



Map and record any sensations on the **Before** hands chart shown on the left.

Now meditate using the technique taught in class or in the **How To Meditate** handout.

Once you have reached the state of meditation, monitor your hands again and record any sensations you feel on the **After** hands chart shown on the left.

Note the corresponding changes in your physical, emotional and mental states.

Keep a daily log for a few weeks. You'll begin to notice a tangible difference in your ability to decode the sensations on your fingertips. Cultivating this sensitivity will enable you to put yourself in a balanced state much quicker.

**Note:**

Make multiple copies of this worksheet before starting your daily log.

