

Full-Presence Educational Process

[Date]

Experience Journal

POSBAM

Participant's Handbok

Name :

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AT THE END OF WEEK 1
RECORD YOUR EXPERIENCE OF THE SILENT MEDITATION

Note what you have been able to do on your own without verbal guidance, that relates to the theme of the week	
What difficulties have you encountered ?	
What has been easy for you ?	
What did you feel during the meditation ?	
What sentiments or thoughts did you have during the meditation ?	
What is the strangest experience you had during this meditation ?	
What thoughts come to you as you write these lines ?	
What have you learnt that is significant for you in this meditation ?	

AT THE END OF WEEK 1
RECORD YOUR OVERALL EXPERIENCE OF THE WEEK

<p>Did you experience an important event in the last 7 days ?</p> <p>If yes, was this event rather painful or happy ?</p>	<p><i>0 : Yes</i></p> <p><i>0 : Happy</i></p>	<p><i>0 : No</i></p> <p><i>0 : Painful</i></p>
<p>Did you follow the program strictly?</p> <p>Were you able to respect the extra 10mm in silence after the shortest meditation ?</p> <p>Did you manage to do the 20 minutes meditation of the 7th day in total silence ?</p>	<p><i>0 : Yes</i></p> <p><i>0 : Yes</i></p> <p><i>0 : Yes</i></p>	<p><i>0 : No</i></p> <p><i>0 : No</i></p> <p><i>0 : No</i></p>
<p>Did you meditate every day ?</p> <p>At the same time ?</p>	<p><i>0 : Yes</i></p> <p><i>0 : Yes</i></p>	<p><i>0 : No</i></p> <p><i>If not, how many times did you meditate this week ?</i></p> <p><i>0 : No</i></p>
<p>Were you bored with doing the same meditation 3 times ?</p>	<p><i>0 : Yes</i></p>	<p><i>0 : No</i></p>
<p>Were some of the instructions difficult for you to follow ? If so, which ones ? Did this evolve during the week ?</p>		
<p>What is the strangest experience you had during the week ?</p>		
<p>What did you learn that is significant for you this week ?</p>		

AT THE END OF WEEK 2
RECORD YOUR EXPERIENCE OF THE SILENT MEDITATION

Note what you have been able to do on your own without verbal guidance, that relates to the theme of the week	
What difficulties have you encountered ?	
Note the progress you have made compared to last week.	
What did you feel during the meditation ?	
What sentiments or thoughts accompanied your meditation ?	
What is the strangest experience you had during this meditation ?	
What thoughts come to you as you write these lines ?	
What did you learn ? What was significant in this meditation for you?	

AT THE END OF WEEK 2
RECORD YOUR OVERALL EXPERIENCE OF THE WEEK

<p>Did you experience an important event in the last 7 days ?</p> <p>If yes, was this event painful or happy ?</p>	<p style="text-align: center;"><i>0 : Yes</i> <i>0 : No</i></p> <p style="text-align: center;"><i>0 : Happy</i> <i>0 : Painful</i></p>
<p>Did you follow the program strictly?</p> <p>Did you manage to do the 20 minutes meditation of the 7th day in total silence ?</p>	<p style="text-align: center;"><i>0 : Yes</i> <i>0 : No</i></p> <p style="text-align: center;"><i>0 : Yes</i> <i>0 : No</i></p>
<p>Did you meditate every day ?</p> <p>At the same time ?</p>	<p style="text-align: center;"><i>0 : Yes</i> <i>0 : No</i></p> <p style="text-align: center;"><i>If not, how many times did you meditate this week ?</i></p> <p style="text-align: center;"><i>0 : Yes</i> <i>0 : No</i></p>
<p>Were you bored with doing the same meditation three times ?</p>	<p style="text-align: center;"><i>0 : Yes</i> <i>0 : No</i></p>
<p>What is the strangest experience you had during the week?</p>	
<p>What did you learn that is significant for you this week?</p>	

AT THE END OF WEEK 3 :
RECORD YOUR EXPERIENCE OF THE SILENT MEDITATION

Note what you have been able to do on your own without verbal guidance, that relates to the theme of the week	
What difficulties have you encountered ?	
Record the progress you have made compared to the previous weeks?	
What did you feel during the meditation ?	
What sentiments or thoughts accompanied your meditation ?	
What is the strangest experience you had during this méditation ?	
What thoughts come to you as you write these lines ?	
What did you learn ? What has been significant for you in this meditation ?	

AT THE END OF WEEK 3**RECORD YOUR OVERALL EXPERIENCE OF THE WEEK**

<p>Did you experience an important event in the last 7 days ?</p> <p>If yes, was this event painful or happy ?</p>	<p><i>0 : Yes</i></p> <p><i>0 : Happy</i></p>	<p><i>0 : No</i></p> <p><i>0 : Painful</i></p>
<p>Did you follow the program strictly ?</p> <p>Did you manage to do the 20 minutes meditation of the 7th day in total silence ?</p>	<p><i>0 : Yes</i></p> <p><i>0 : Yes</i></p>	<p><i>0 : No</i></p> <p><i>0 : No</i></p>
<p>Did you meditate every day ?</p> <p>At the same time ?</p>	<p><i>0 : Yes</i></p> <p><i>0 : Yes</i></p>	<p><i>0 : No</i></p> <p><i>If not, how many times did you meditate this week ?</i></p> <p><i>0 : No</i></p>
<p>Were you bored with doing the same meditating 3 times ?</p>	<p><i>0 : Yes</i></p>	<p><i>0 : No</i></p>
<p>What is the strangest experience you had during this week ?</p>		
<p>What did you learn that is significant for you this week ?</p>		

AT THE END OF WEEK 4
RECORD YOUR EXPERIENCE OF THE SILENT MEDITATION

Note what you have been able to do on your own without verbal guidance, that relates to the theme of the week.	
What difficulties have you encountered ?	
What has been easy for you compared to the previous weeks ?	
What did you feel during the meditation ?	
What sentiments or thoughts accompanied your meditation ?	
What is the strangest experience you had during this meditation ?	
What thoughts come to you as you write these lines ?	
What did you learn ? What has been significant for you in this meditation ?	

AT THE END OF WEEK 4**RECORD YOUR OVERALL EXPERIENCE OF THE WEEK**

<p>Did you experience an important event in the last 7 days ?</p> <p>If yes, was this event painful or happy ?</p>	<p>0 : Yes</p> <p>0 : Happy</p>	<p>0 : No</p> <p>0 : Painful</p>
<p>Did you follow the program strictly?</p> <p>Were you able to respect the extra 10mm in silence after the shortest meditation ?</p> <p>Did you manage to do the 20 minutes meditation of the 7th day in total silence ?.</p>	<p>0 : Yes</p> <p>0 : Yes</p> <p>0 : Yes</p>	<p>0 : No</p> <p>0 : No</p> <p>0 : No</p>
<p>Did you meditate every day ?</p> <p>At the same time ?</p>	<p>0 : Yes</p> <p>0 : Yes</p>	<p>0 : No</p> <p><i>If not, how many times did you meditate this week ?</i></p> <p>0 : No</p>
<p>Were you bored with doing the same meditation 3 times ?</p>	<p>0 : Yes</p>	<p>0 : No</p>
<p>What is the strangest experience you had during the week ?</p>		
<p>What did you learn that is significant for you this week ?</p>		

AT THE END OF WEEK 5**RECORD YOUR OVERALL EXPERIENCE OF THE WEEK**

<p>Did you experience an important event in the last 7 days ?</p> <p>If yes, was this event painful or happy ?</p>	<p><i>0 : Yes</i></p> <p><i>0 : Happy</i></p>	<p><i>0 : No</i></p> <p><i>0 : Painful</i></p>
<p>Did you follow the program strictly?</p> <p>Were you able to respect the extra 10mm in silence after the shortest meditation ?</p> <p>Did you manage to do the 20 minutes meditation of the 7th day in total silence ?.</p>	<p><i>0 : Yes</i></p> <p><i>0 : Yes</i></p> <p><i>0 : Yes</i></p>	<p><i>0 : No</i></p> <p><i>0 : No</i></p> <p><i>0 : No</i></p>
<p>Did you meditate every day ?</p> <p>At the same time ?</p>	<p><i>0 : Yes</i></p> <p><i>0 : Yes</i></p>	<p><i>0 : No</i></p> <p><i>If not, how many times did you meditate this week ?</i></p> <p><i>0 : No</i></p>
<p>Were you bored with doing the same meditation 3 times ?</p>	<p><i>0 : Yes</i></p>	<p><i>0 : No</i></p>
<p>What is the strangest experience you had during the week ?</p>		
<p>What did you learn that is significant for you this week ?</p>		

AT THE END OF WEEK 5
ATTITUDES YOU HAVE HAD DURING THE WEEK

<p><i>Describe a benevolent attitude you have had towards someone (the circumstances and the words you used).</i></p>	
<p><i>Describe the effect this had on that person.</i></p>	
<p><i>Describe the effect this had on you? (feeling and reaction)</i></p>	
<p><i>Describe an unkind attitude you have had towards someone (the circumstances and the words you used).</i></p>	
<p><i>Describe the effect this had on that person.</i></p>	
<p><i>Describe the effect this had on you (feeling and reaction).</i></p>	

AT THE END OF WEEK 5
ATTITUDES SOMEONE HAD TOWARDS YOU DURING THE WEEK

<p><i>Describe a benevolent attitude someone had towards you (the circumstances and the words that were used).</i></p>	
<p><i>Describe the effect this had on you?</i></p>	
<p><i>Describe an unkind attitude someone has had towards you (the circumstances and the words that were used).</i></p>	
<p><i>Describe the effect this had on you (feeling and reaction).</i></p>	
<p><i>Describe how you managed the situation.</i></p>	

AT THE END OF WEEK 6**RECORD YOUR OVERALL EXPERIENCE OF THE WEEK**

<p>Did you experience an important event in the last 7 days ?</p> <p>If yes, was this event painful or happy ?</p>	<p><i>0 : Yes</i> <i>0 : No</i></p> <p><i>0 : Happy</i> <i>0 : Painful</i></p>
<p>Did you follow the program strictly?</p> <p>Were you able to respect the extra 10mm in silence after the shortest meditation ?</p> <p>Did you manage to do the 20 minutes meditation of the 7th day in total silence ?.</p>	<p><i>0 : Yes</i> <i>0 : No</i></p> <p><i>0 : Yes</i> <i>0 : No</i></p> <p><i>0 : Yes</i> <i>0 : No</i></p>
<p>Did you meditate every day ?</p> <p>At the same time ?</p>	<p><i>0 : Yes</i> <i>0 : No</i></p> <p><i>If not, how many times did you meditate this week ?</i></p> <p><i>0 : Yes</i> <i>0 : No</i></p>
<p>Were you bored with doing the same meditation 3 times ?</p>	<p><i>0 : Yes</i> <i>0 : No</i></p>
<p>What is the strangest experience you had during the week ?</p>	
<p>What did you learn that is significant for you this week ?</p>	

AT THE END OF WEEK 6**RECORD THE ATTITUDES YOU HAVE HAD DURING THE WEEK**

<i>Describe a benevolent attitude you have had towards someone (the circumstances and the words you used).</i>	
<i>Describe the effect this had on that person.</i>	
<i>Describe the effect this had on you (feeling and reaction).</i>	
<i>Describe an unkind attitude you have had towards someone (the circumstances and the words you used).</i>	
<i>Describe the effect this had on that person.</i>	
<i>Describe the effect this had on you (feeling and reaction).</i>	

AT THE END OF WEEK 6**RECORD THE ATTITUDES SOMEONE HAD TOWARDS YOU DURING THE WEEK**

<i>Describe a benevolent attitude someone has had towards you (the circumstances and the words that were used).</i>	
<i>Describe the effect this had on you (feeling and reaction).</i>	
<i>Describe an unkind attitude you have had towards someone (the circumstances and the words you used)</i>	
<i>Describe the effect this had on that person.</i>	
<i>Describe the effect this had on you (feeling and reaction).</i>	

AT THE END OF WEEK 7
RECORD YOUR OVERALL EXPERIENCE OF THE WEEK

<p>Did you experience an important event in the last 7 days ?</p> <p>If yes, was this event painful or happy ?</p>	<p style="text-align: center;"><i>0 : Yes</i> <i>0 : No</i></p> <p style="text-align: center;"><i>0 : Happy</i> <i>0 : Painful</i></p>
<p>Did you follow the program strictly?</p> <p>Did you manage to do the 20 minutes meditation of the 7th day in total silence ?.</p>	<p style="text-align: center;"><i>0 : Yes</i> <i>0 : No</i></p> <p style="text-align: center;"><i>0 : Yes</i> <i>0 : No</i></p>
<p>Did you meditate every day ?</p> <p>At the same time ?</p>	<p style="text-align: center;"><i>0 : Yes</i> <i>0 : No</i></p> <p style="text-align: center;"><i>If not, how many times did you meditate this week ?</i></p> <p style="text-align: center;"><i>0 : Yes</i> <i>0 : No</i></p>
<p>Were you bored with doing the same meditation 3 times ?</p>	<p style="text-align: center;"><i>0 : Yes</i> <i>0 : No</i></p>
<p>What is the strangest experience you had during the week ?</p>	
<p>What did you learn that is most significant for you this week ?</p>	

AT THE END OF WEEK 7
RECORD THE ATTITUDES YOU HAVE HAD DURING THE WEEK

<p><i>Describe a benevolent attitude you have had towards someone (the circumstances et the words you used).</i></p>	
<p><i>Describe the effect this had on that person</i></p>	
<p><i>Describe the effect this had on you (feeling and reaction.)</i></p>	
<p><i>Describe an unkind attitude you have had towards someone (the circumstances and the words you used)</i></p>	
<p><i>Describe the effect this had on that person.</i></p>	
<p><i>Describe the effect this had on you (feeling and reaction).</i></p>	

AT THE END OF WEEK 7**RECORD THE ATTITUDES SOMEONE HAD TOWARDS YOU DURING THE WEEK**

<i>Describe a benevolent attitude someone has had towards you (the circumstances and the words that were used).</i>	
<i>Describe the effect this had on you (feeling and reaction).</i>	
<i>Describe an unkind attitude you have had towards someone (the circumstances and the words you used)</i>	
<i>Describe the effect this had on that person.</i>	
<i>Describe the effect this had on you (feeling and reaction).</i>	

AT THE END OF WEEK 8**RECORD YOUR OVERALL EXPERIENCE OF THE WEEK**

<p>Did you experience an important event in the last 7 days ?</p> <p>If yes, was this event painful or happy ?</p>	<p><i>0 : Yes</i> <i>0 : No</i></p> <p><i>0 : Happy</i> <i>0 : Painful</i></p>
<p>Did you follow the program strictly?</p> <p>Did you manage to do the 20 minutes meditation of the 7th day in total silence ?.</p>	<p><i>0 : Yes</i> <i>0 : No</i></p> <p><i>0 : Yes</i> <i>0 : No</i></p>
<p>Did you meditate every day ?</p> <p>At the same time ?</p>	<p><i>0 : Yes</i> <i>0 : No</i></p> <p><i>If not, how many times did you meditate this week ?</i></p> <p><i>0 : Yes</i> <i>0 : No</i></p>
<p>Were you bored with doing the same meditation 3 times ?</p>	<p><i>0 : Yes</i> <i>0 : No</i></p>
<p>What is the strangest experience you had during the week ?</p>	
<p>What did you learn that is significant for you this week ?</p>	

AT THE END OF WEEK 8**RECORD THE ATTITUDES YOU HAVE HAD DURING THE WEEK**

<i>Describe a benevolent attitude you have had towards someone (the circumstances and the words you used).</i>	
<i>Describe the effect this had on that person?</i>	
<i>Describe the effect this had on you (feeling and reaction).</i>	
<i>Describe an unkind attitude you have had towards someone (the circumstances and the words you used)</i>	
<i>Describe the effect this had on that person.</i>	
<i>Describe the effect this had on you (feeling and reaction).</i>	

AT THE END OF WEEK 8**RECORD THE ATTITUDES SOMEONE HAD TOWARDS YOU DURING THE WEEK**

<i>Describe a benevolent attitude someone has had towards you (the circumstances and the words that were used).</i>	
<i>Describe the effect this had on you (feeling and reaction).</i>	
<i>Describe an unkind attitude you have had towards someone (the circumstances and the words you used).</i>	
<i>Describe the effect this had on that person.</i>	
<i>Describe the effect this had on you (feeling and reaction).</i>	