

Orientation to Zen Buddhist Practice Journal—Week Four

Day 1 Observations (physical, mental, emotional):

Zazen Twenty-Five Minutes

Complete

Day 2 Observations (physical, mental, emotional):

Zazen Twenty-Five Minutes

Complete

Day 3 Observations (physical, mental, emotional):

Zazen Twenty-Five Minutes

Complete

Day 4 Observations (physical, mental, emotional):

Zazen Twenty-Five Minutes

Complete

Day 5

Observations (physical, mental, emotional):

Zazen Twenty-Five Minutes

Complete

Day 6

Observations (physical, mental, emotional):

Zazen Twenty-Five Minutes

Complete

Day 7

Observations (physical, mental, emotional):

Zazen 3 x Twenty-Five Minutes

Complete