



SATIPATTHANA MEDITATION SOCIETY OF CANADA

How to Report Meditation Practice

The students must report their meditation experience to the teacher. The oral or written interview is the basis for the teacher and student relationship. It is crucial for the development of insight. Based on the reports, the teacher will guide and give further instructions. The communication with the teacher and the ability to report in the interview can significantly affect the progress. While the teacher will encourage and inspire the meditator, it is not a counselling or therapy session. It is a technical report of what is happening in one's practice. The teacher will check the student's grasp of the technique, make corrections, and give further instructions. In this way, it will assist the meditator in managing the practice.

As meditators are working in unfamiliar territory, they often do not report their experiences satisfactorily or cannot describe what they are experiencing precisely, even though they might have practiced well. Occasionally, the teacher may probe into the practice with a question. The report must be straightforward and sincere.

Would you please send the meditation report once a week?

Guide Lines for Reporting:

Describe briefly and clearly what is happening in three areas separately:

1) Sitting:

- How long?
- How do you know the primary object of attention?
 - rising and falling of the abdomen, touch sensation and sitting (posture)?
 - what else do you come to know of it?
- How much thinking, and how are you handling the thinking?
- Are you aware of your mental states (emotional patterns), and what are they?
- What about pleasant and unpleasant (pain) feelings?

2) Walking: ---How long and how many parts or stages of a step?

- Are you noting the movement concurrent with the experience?
- What are you finding in the movement, and what specific characteristics do you notice?
- Is there much thinking or pain during the walking? If so, how do you handle it?

3) Daily Activities

- What percentage of the daily activities are you attentive to what you are doing?
- Can you describe what you noted during meal times?
- Do you observe intentions preceding all your activities, and what percentage?

Are there any unusual or new experiences to report since the last interview?

