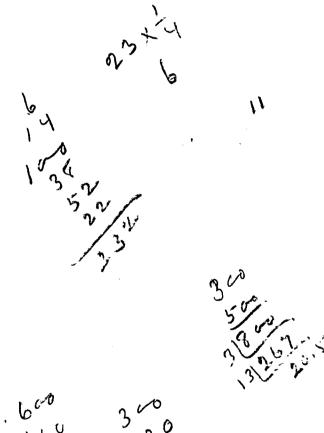
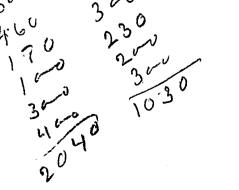
Class practice: (1/Focus on manuale diject for 5 minutes a ' prepup with steadamen seens to be attained ash for reports when student the Bos the is stepped thoughts. (2) Cut off all thoughts as quickly as they arise until thought seens to stop.





## **Class Practice**

- 1. Focus on inanimate object for 5 minutes and keep up until steadiness seems to be attained. Ask for reports when student thinks he has stopped thoughts.
- 2. Cut off all thoughts as quickly as they arise until thought seems to stop.