

Class practice: (1) Focus on inner image for 5 minutes  
 a. 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.

$$23 \times \frac{1}{4}$$

$$\begin{array}{r} 6 \\ 14 \\ 100 \\ 34 \\ 52 \\ 22 \\ \hline 23 \frac{1}{4} \end{array}$$

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$$\begin{array}{r} 300 \\ 500 \\ \hline 31800 \\ 13 \overline{) 267} \\ 205 \end{array}$$

$$\begin{array}{r} 600 \\ 460 \\ 170 \\ 100 \\ 300 \\ 400 \\ \hline 2040 \end{array}$$

$$\begin{array}{r} 300 \\ 230 \\ 200 \\ 300 \\ \hline 1030 \end{array}$$

### 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.