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& LESLIE JACKSON

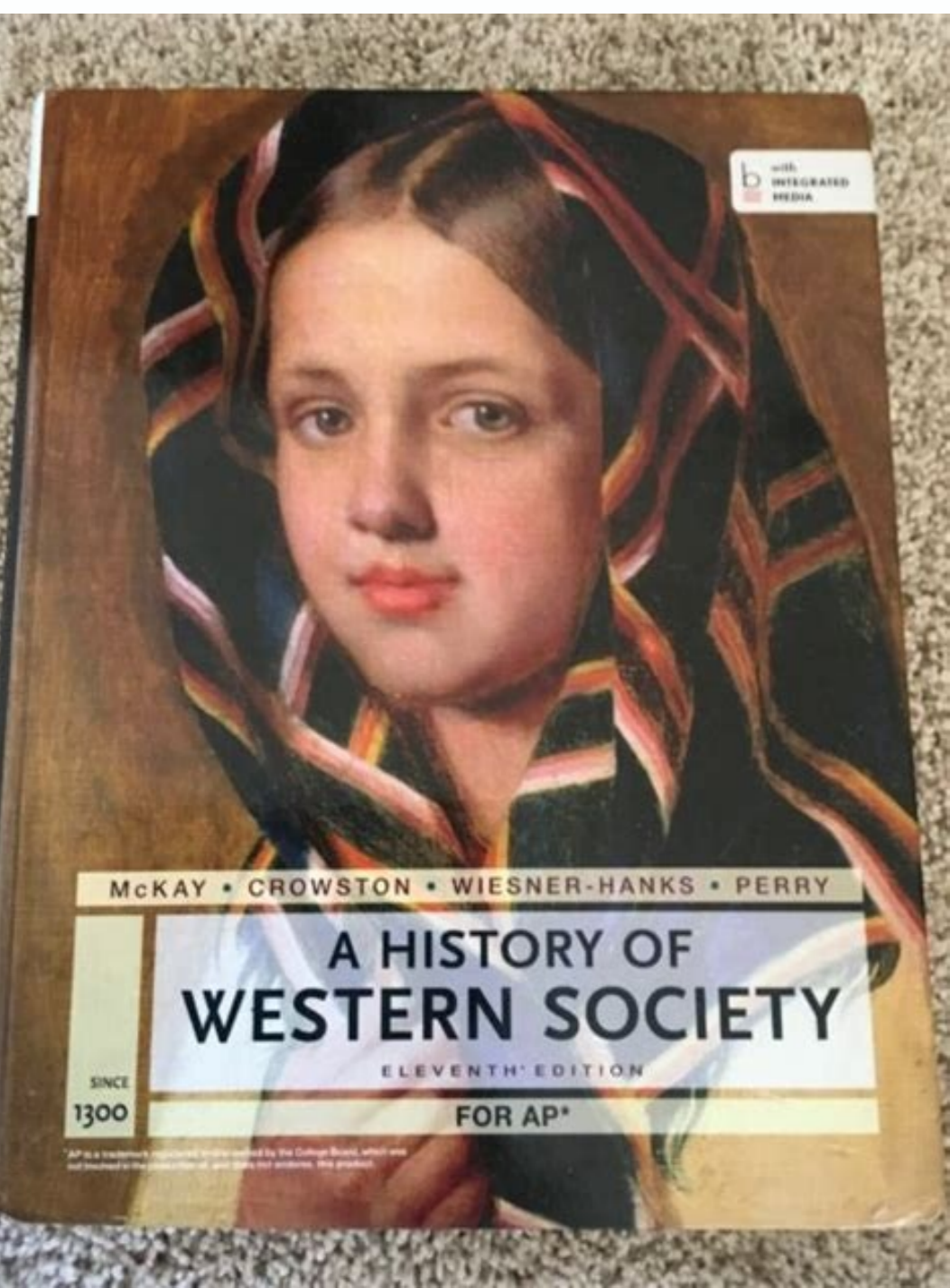
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REEDS MARINE ENGINEERING AND TECHNOLOGY

# APPLIED THERMODYNAMICS

For Marine Engineers

HLOM COURTY



NEW AGE

# LINEAR INTEGRATED CIRCUITS

(FOURTH EDITION)

D. Roy Choudhury  
Shail B. Jain



Wise Mind Practice

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

**Wise Mind Practice Exercise:** Check off an exercise each time you do one.

- 1. Attended to my breath coming in and out, letting my attention settle into my center.
- 2. Imagined being a flake of stone on the lake.
- 3. Imagined walking down an inner spiral stairs.
- 4. Dropped into the pauses between inhaling and exhaling.
- 5. Breathed "wise" in, "mind" out.
- 6. Asked Wise Mind a question (breathing in) and listened for the answer (breathing out).
- 7. Asked myself, "Is this Wise Mind?"
- 8. Other (describe): \_\_\_\_\_
- 9. Other (describe): \_\_\_\_\_

Describe the situation and how you practiced Wise Mind:

\_\_\_\_\_

\_\_\_\_\_

How effective was the practice in helping you become centered in your Wise Mind?

Not effective: I couldn't do the skill for even 1 minute. I got distracted or quit.	2	Somewhat effective: I was able to practice Wise Mind and become somewhat centered in my Wise Mind.	4	Very effective: I became centered in Wise Mind, and was able to do what needed to be done.	5
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Describe the situation and how you practiced Wise Mind:

\_\_\_\_\_

\_\_\_\_\_

How effective was the practice in helping you become centered in your Wise Mind?

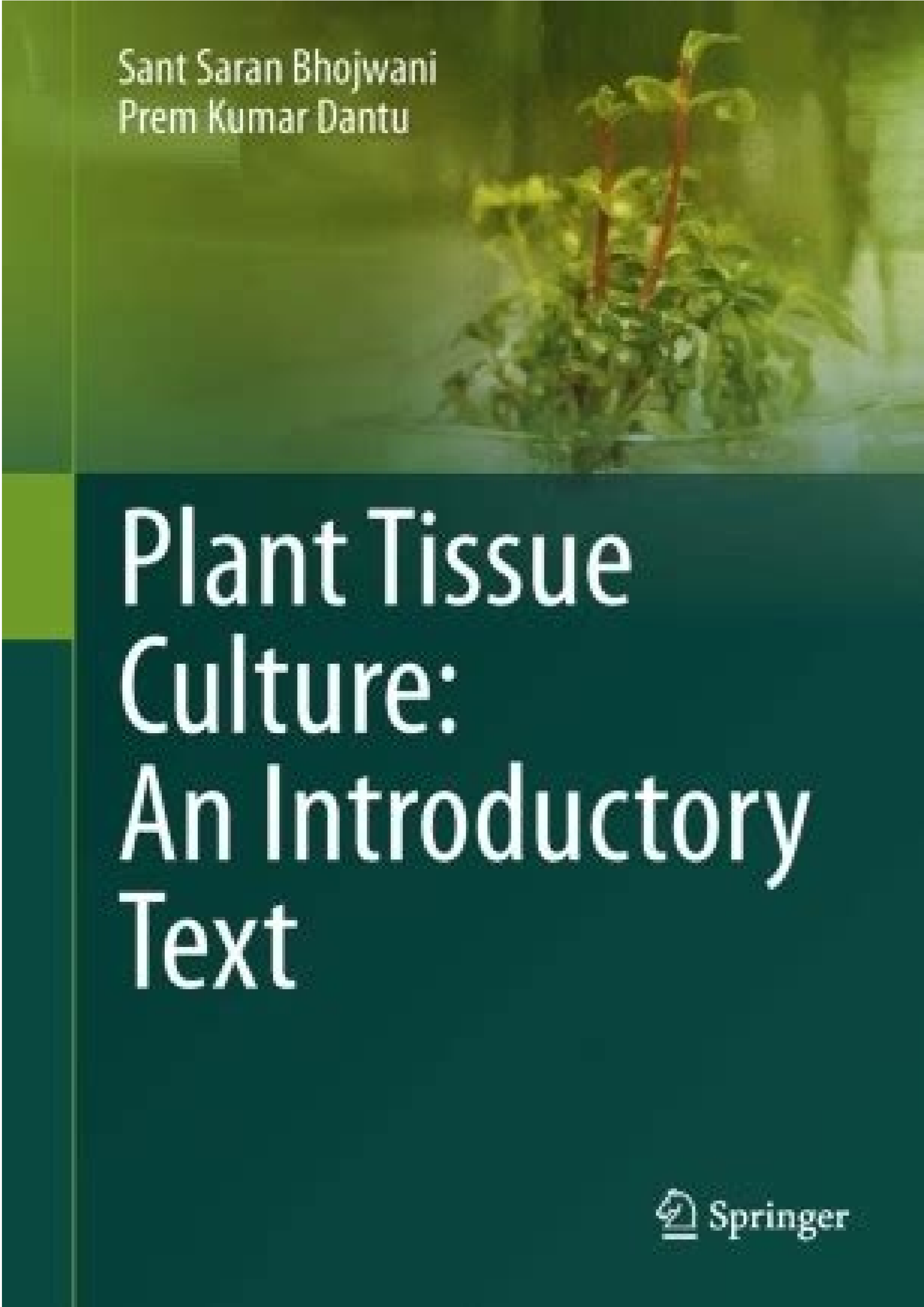
Not effective: I couldn't do the skill for even 1 minute. I got distracted or quit.	2	Somewhat effective: I was able to practice Wise Mind and become somewhat centered in my Wise Mind.	4	Very effective: I became centered in Wise Mind, and was able to do what needed to be done.	5
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List any and all wise things you did this week:

\_\_\_\_\_

\_\_\_\_\_

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Principles of naval architecture.

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