



Dr. K's Guide to Mental Health

Meditation Module | The Nature of Mind | Worksheet

Step 1: Pick three experiences and place them along the line.

- How did you feel during these times? Were you suffering? Were you peaceful? Compare the different experiences, where you were along the state of consciousness vs. mind.

Mind Consciousness

Mind Consciousness

Mind Consciousness



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Step 2: Think about three experiences where you moved along this axis.

- What was it that allowed you to move from suffering to realization?
- Describe the process of moving towards consciousness and away from being entangled with your mind.

(For example - you were down in the dumps after a breakup, realized you dodged a bullet, and felt relieved. You may say "I realized I dodged a bullet." How did you realize you dodged a bullet? Was it through conversation? Reflection? When did you realize you dodged a bullet? Was it your ego protecting you from being dumped?)

Mind

Consciousness

Blank writing area for the first experience.

Mind

Consciousness

Blank writing area for the second experience.

Mind

Consciousness

Blank writing area for the third experience.



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Step 3: Name three current situations that causes you some degree of suffering.

- What would it take to move along the axis?

(In order to successfully map this out, you really have to do a good job on Step 2)

Mind

Consciousness

Blank area for writing responses to the first question.

Mind

Consciousness

Blank area for writing responses to the second question.

Mind

Consciousness

Blank area for writing responses to the third question.



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Step 4: Now try to move along the axis – duplicate the process from Step 2 for the situations in Step 3.

- Try this with three things in your life, over the course of 3 weeks
- What did you try doing? Document the process of trying.

Situation	Notes