

BUILDING A SOUND PRACTICE

Intention Directs Mindfulness and Makes It Purposeful

STUDY	PRACTICE	REFLECTION	MODIFICATION
Theory	Trial & Error	Did I do what I intended to do?	What would be helpful to do, if anything, based on my study, practice and reflection?
Psychology	Practice specific method	What was my experience of practicing the method?	Further
Specific Practice / Method	Test, experiment & modify	What was the result of my testing, experimenting and modifying?	Study Practice Discussion Reflection
Application	Actual Present Moment Experience	What happened?	New
How To Do It	What happens?	What worked?	Training Guidance
How Not To Do It	What Works?	What didn't work?	
	What doesn't work?	What did I learn?	
Practice & Investigation	Practice & Investigation	Practice & Investigation	Practice & Investigation