Class practice: (1) Focus on a single object for 5 minutes and keep up until suddenness seems to be attained. Ask for report, when student feels that he has stopped thoughts.

(2) Cut off all thoughts as quickly as they arise until thought seems 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.