Riding the Wave

> *"Be like the promontory against which the waves continually break, but it stands firm and tames the fury of the water around it."*
>
> Marcus Aurelius, Meditations 4.49 (tr. Long)

Do not fight the urge or argue with it. Just watch it, like a wave against the rock. Every five minutes, circle how strong it is and note what you notice in your body and mind. Most people find the wave turns before they expect it to.

Date and time: _____ Where I am: _____

MINUTES	STRENGTH	WHAT I NOTICE IN MY BODY AND MIND
0	0 1 2 3 4 5 6 7 8 9 10	
5	0 1 2 3 4 5 6 7 8 9 10	
10	0 1 2 3 4 5 6 7 8 9 10	
15	0 1 2 3 4 5 6 7 8 9 10	
20	0 1 2 3 4 5 6 7 8 9 10	
25	0 1 2 3 4 5 6 7 8 9 10	
30	0 1 2 3 4 5 6 7 8 9 10	

What helped me ride it

What I learned about this urge

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