

## **TOC Technique Training -- POD 1**

### **Name:**

Find a Practice Buddy to work with throughout this training. It can be a friend, family member, or member of this training. Write your answers on another paper or in a journal and keep track of what you accomplish.

### **Demonstration:**

Explain the concepts of the 7 precepts to at least one person.

What did you learn about yourself from this experience?

### **Questions:**

1. What are your goals and expectations for this training program?
2. What qualities of thought do you wish to engage?
3. Can you be present now and not compare or contrast to others what you are learning in this moment?