

## 5. Re-grasp Form (My Sentence Form) Instructions

- ① Transcribe My Sentence that you wrote at 4. Deepening Form, and feel newly your felt sense.
- ② Explain feeling sensation you grasp when writing My Sentence as much as possible at this stage. You will write sentences that others can understand more easily in this procedure.
- ③ Underline the parts you feel are important/significant.