



the practice for this week

6th week's exercise:

Both arms are heavy and warm
Both legs are heavy and warm
The pulse is steady and calm
Breath breathes me
Belly warm and radiates warmth
Neck and shoulders are heavy
I am at peace

.....

every day: practise each of the belly exercises - relaxation & awareness - at least once daily. Also possibly 30 to 40 times daily use the reminder dot exercise! Each of these mini-exercises is often more a re-centering than a deep relaxation.

ATTENTION!

developing skills in application

formal practice

developing a trigger phrase/focus

first "differential" practice

second "differential" practice

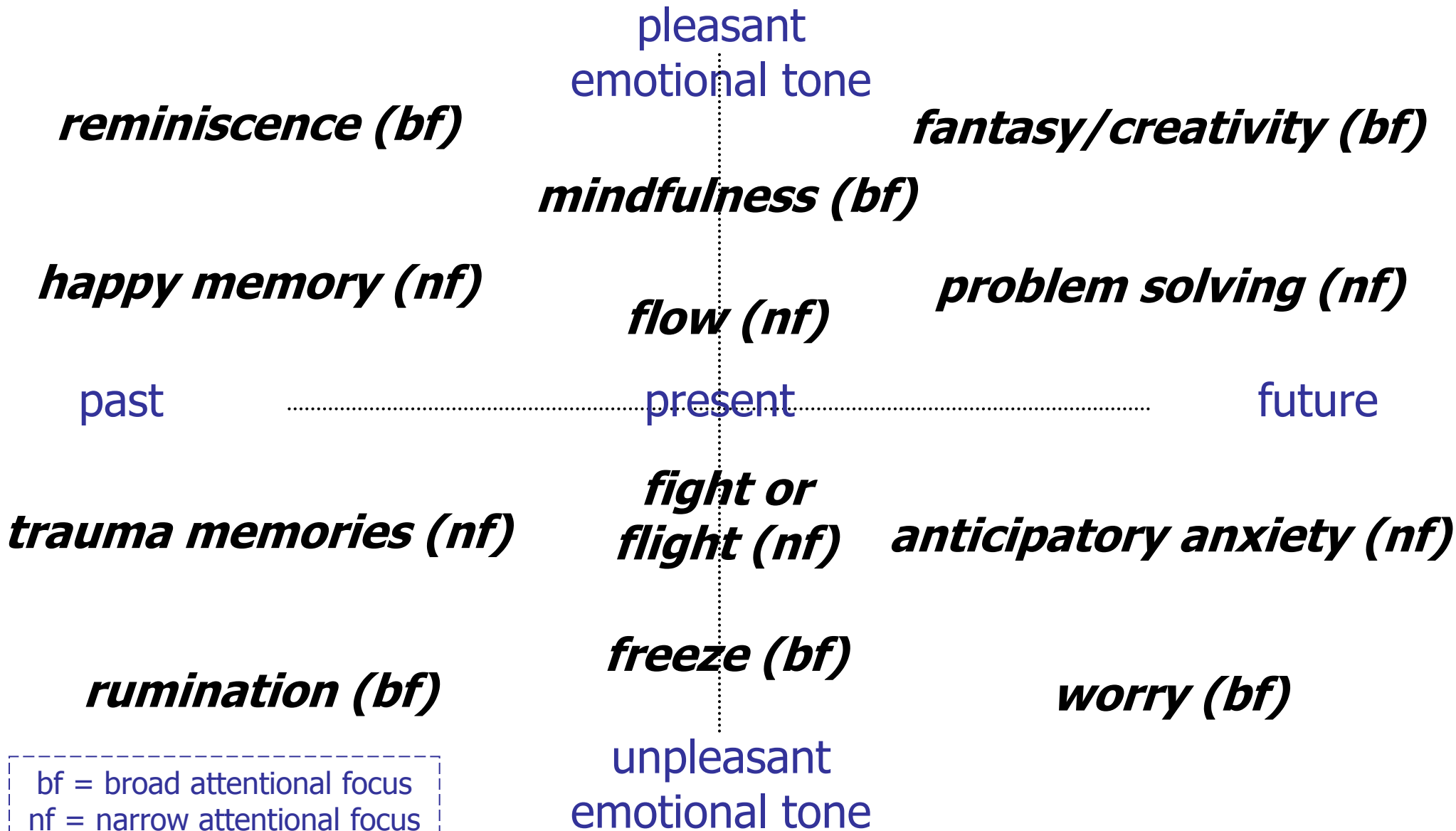
*the reminder dots are
to encourage us to re-
centre just as much as
to calm*

the reminder dot exercise

stressful real life situations



attention, focus & time





12 breath “coming to our senses”

try practising too with the eyes open and/or standing

- ❁ *1st section:* repeat silently, linking with in & out breath – “*observing ...* ”; “*hearing ...* ”; “*sensing ...* ”
 - ❁ *2nd section:* repeat silently, linking with in & out breath – “*arms – heavy & warm*”; “*legs – heavy & warm*”; “*pulse steady – calm*”; “*breath – breathes me*”; “*belly warm – radiates warmth*”; “*neck & shoulders – heavy*”
 - ❁ *3rd section:* as in the first section, using the breath & once again coming to our senses in the present moment – “*sensing ...* ”; “*hearing ...* ”; “*observing ...* ”
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"coming to our senses"

a mindfulness/focus exercise for walking & 'travelling'

- 1.) observing ... , observing ... , observing ...
- 2.) sensing ... , sensing ... , sensing ...
- 3.) hearing ... , hearing ... , hearing ...
- ... and keep re-cycling through this sequence

in 'beautiful' vision-rich environments, maybe use the 'observing' focus every second option

voir

*Il s'agit de voir
Tellement plus clair,*

*De faire avec les choses
Comme la lumière*

to see

*It's a question of seeing
so much clearer*

*of doing to things
what light does to them*



intentions for this coming week

- ✧ time for personal reflection and writing
 - ✧ autogenics – the belly focus, reminder dots, walking & twelve breath exercises
 - ✧ exercise, diet, weight, alcohol, & sleep
 - ✧ worry & rumination & garden of eden
 - ✧ personal community chart & intentions
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