



“coming to our senses” suggestions

- 🌸 throughout this exercise explore having a linking thread of breath awareness – following the breath gently & attentively as it moves in & out at its own rate & depth.
 - 🌸 typically allow four breaths for each of the three sections – making twelve breaths in all – this takes approximately three or so minutes to do, and it’s fine to experiment later with shorter and longer sequences.
 - 🌸 initially try to practise this exercise at least two or three times daily, sitting upright – later experiment at times with having the eyes open throughout, and try too using other positions like lying down, standing and walking.
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"coming to our senses" sequence

start with eyes open, closing them after the first "*observing ...*"; then reopening them just before the 2nd "*observing ...*"

🌸 *1st section:* repeat silently, linking with your breath – "*be here now*"; "*observing ...*"; "*hearing ...*"; "*sensing ...*"

🌸 *2nd section:* again repeat silently, linking with in breath & out breath: "*arms – heavy & warm*"; "*legs – heavy & warm*"; "*pulse steady – calm*"; "*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 ...*"; "*be here now*"
