11 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 ... 


3rd section: as in the first section, using the breath & once again coming to our senses in the present moment – "sensing ... "; "hearing ... "; "observing ... 


attention, focus & time

pleasant emotional tone

reminiscence (bf)

mindfulness (bf)

happy memory (nf)

flow (nf)

past

present

future

unpleasant emotional tone

trauma memories (nf)

fight or flight (nf)

freezing (bf)

unpleasant emotional tone

rumination (bf)

fantasy/creativity (bf)

problem solving (nf)

flow (nf)

mindfulness (bf)

worry (bf)

bf = broad attentional focus

nf = narrow attentional focus
four aspects of helpful inner focus

- reducing negative states
- nourishing positive states
- exploring & processing
- encouraging mindfulness
dealing with mental chatter

3 lessons to be learned

the challenge is to be a wise fish!
the bus driver metaphor

- the importance of values
- distinguishing values & goals
- values are about ‘now’
- self-definition by values not by goal achievement
- mindfulness & passengers
- sometimes it’s useful to ‘listen and respond’

for a fuller description see the 2 page handout
intentions for this coming week

ジョン・リッキー

- time for personal reflection and writing
- autogenics – the breath focus, second differential & eleven breath exercises
- exercise, diet, weight, alcohol, smoking & also possibly beginning to chart sleep
- worry & rumination, garden of eden and the appreciations & gratitude exercise