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

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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

Pleasant emotional tone

- Reminiscence (bf)
- Fantasy/creativity (bf)
- Mindfulness (bf)
- Flow (nf)
- Problem solving (nf)
- Flow (nf)
- Fight or flight (nf)
- Anticipatory anxiety (nf)
- Freeze (bf)
- Worry (bf)

Unpleasant emotional tone

- Happy memory (nf)
- Trauma memories (nf)
- Rumination (bf)
- Freeze (bf)
- Worry (bf)

BF = broad attentional focus
NF = narrow attentional focus
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 … ”


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

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

*De faire avec les choses*
*Comme la lumière*

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**to see**  
*It’s a question of seeing*
*so much clearer*

*of doing to things*
*what light does to them*

Eugene Guillevic *Selected Poems* translated by Denise Levertov
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