“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.
“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 ... ”


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”