

Daring Greatly: 60 Day Gratitude Challenge  
Home Practice Guidelines for Class 3

- a. *Practice 5 minutes of relaxed “body breathing” either sitting or lying down. Body breathing is simply rotating your awareness through your body as you are aware of breathing. You can start with your feet and scan up or start with your head and scan down. As you move your awareness - sense the quality of energy you are feeling in the area right now.*
  - 1) *If your energy is agitated you may want to incorporate a breathing practice to help you establish calm: breathe in calmly, extend your out-breath so it’s at least 2-4 seconds longer than your in-breath.*
  - 2) *If your energy is slow or heavy you may want to do a few rounds of energizing breathing: breathe in deeply & hold the breath in 2-4 seconds feeling for expansion & lift, exhale completely.*
- b. *Once your body is relaxed and your mind is calm practice 10 minutes of formal sitting meditation. Allow some time to really listen to your heart & let it speak . . . You can be patient - perhaps you just create the space for expressions to arise. Be curious about the message. Let yourself investigate it for a while. What can you learn from it?*
  - i) *Investigate what the kind of medicine you can bring to this message. Perhaps it’s a release of poisons that are blocking your journey.*
- c. *Try checking in with a fellow traveler - go for a walk or a cup of tea - compare notes.*
- d. *Visit the Dare Greatly 60 Day Gratitude Challenge site for some juice! <https://www.facebook.com/groups/488930161225677/>*
- e. *Suggested reading, listening & viewing*

- i. *Dr. Sara Gottfried Interview with Ana Forrest: Medicine Woman Meets Medicine Woman:* <http://www.youtube.com/watch?v=LApVwvGU00U>
- ii. *Recommended Books:*
- iii. *Fierce Medicine by Ana Forrest (available at Two Rivers Yoga & King County Library KCL)*
- iv. *Daring Greatly by Brene Brown (available at KCL)*