60 Day Gratitude Challenge - Home Practice Guidelines Class 5

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 meditation - either sitting, lying down or walking. Allow some time to really open to your what might be triggering you . . . Start with feeling and let the feeling guide you to discovery. Let yourself investigate it for a while. What did you learn from it? Question whether it's true. What would you feel if it weren't true? Can you really stay with that question by setting aside "fixed beliefs?"*

c. *Investigate what it is to love. Can you warm yourself at the smaller fires of love? See if you can give this to yourself. Notice what gets in the way.*

d. *Try checking in with a fellow traveler - go for a walk or a cup of tea - compare notes.*

e. *Visit the Dare Greatly 60 Day Gratitude Challenge site for some juice!* https://www.facebook.com/groups/488930161225677/

f. *Suggested reading, listening & viewing*

i. *The incredible On Being interview with Brene Brown. Listen to the show or read the transcript at: http://www.onbeing.org/program/brene-brown-on-vulnerability/4928*

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)*