

60 Day Gratitude Challenge - Home Practice Guidelines Class 6

1. Homework

- a. *Create a sacred space where you can enter Ceremony. Bring in what is sacred to you and use your sacred objects to hold the power of your life questions.*
- b. *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.*
- c. *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 what might be seeking balance within you or simply open to what questions might be arising . . . Start with feeling and let the feeling guide you to discovery. Let yourself investigate it for a while - follow where it leads. If the query takes you on a path with heart, stay on the path this week learn whatever you can.*
- d. *Take time to contemplate all the things you’re doing to support your well being and the well being of others. Really take the goodness in. Feel the feelings of achievement, facing fear, tolerating discomfort, taking risks, generosity, love. See if you can give this to yourself. Notice what gets in the way.*
- e. *Try checking in with a fellow traveler - go for a walk or a cup of tea - compare notes.*
- f. *Visit the Dare Greatly 60 Day Gratitude Challenge site for some juice! <https://www.facebook.com/groups/488930161225677/>*
- g. *Suggested reading, listening & viewing*

- i. Watch & listen to Ana Forrest talk about *The Beauty of Winter Solstice* <http://www.youtube.com/watch?v=lmbV6uueC9c>
- ii. Read Maia Duerr's post "These Dark Times Require Grounding Principles" on On Being's Blog site <http://blog.onbeing.org/post/2404058216/these-dark-times-require-grounding-principles>
- iii. Recommended Books:
- iv. *Fierce Medicine* by Ana Forrest (available at Two Rivers Yoga & King County Library KCL)
- v. *Daring Greatly* by Brene Brown (available at KCL)