

60 Day Gratitude Challenge - Home Practice Guidelines Class 7

1. Homework

- 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.*
- b. *Once your body is relaxed and your mind is calm practice 10 minutes of meditation - either sitting, lying down or walking. Explore Ana’s Ceremony of release & letting go. If an issue arises see if you can connect with each feeling like a strand in the web of the whole issue. Follow the strand back to its place of origin - when did this feeling first arise - what were the circumstances of your life - what conclusions did you draw about yourself and about life from this experience. Are these beliefs still true?*
- c. *If you’re read to let something go, follow up the insights you’ve gained with action. Use a breathing practice to release what you’re letting go of with your exhalation and nourish what you want in your growing cells with your inhalation. Try sun salutes - with a mantra or an affirmation. Breathing in - I claim Breathing out - I release . . .*
- 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. *Read & watch Dr. Sara Gottfried’s interview with Ana Forrest “Medicine Woman Meets Medicine Woman: Talking Shop (+ Transformation) with Ana T. Forrest, Creatrix of Forrest Yoga at tfriedmd.com/medicine-woman-meets-medicine-woman-talking-shop-transformation-ana-t-forrest-creatrix-forrest-yoga/*

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- ii. *Read or listen to On Being interview with Esther Sternberg: “The Science of Healing Places” at: <http://www.onbeing.org/program/the-science-of-healing-places/4856>*
- iii. *Listen & watch Karen Drucker’s “I See the Beauty in You” at: <http://www.youtube.com/watch?v=m5Jz6gLDOhg>*
- iv. *Recommended Books:*
- v. *Fierce Medicine by Ana Forrest (available at Two Rivers Yoga & King County Library KCL)*
- vi. *Daring Greatly by Brene Brown (available at KCL)*