

BE IN YOUR BODY

4 DEEP BREATHS

ACKNOWLEDGE ONE OF ITS FEELINGS

NAME IT WITH YOUR MIND

WHAT IS ITS SHAPE?

WHAT DOES IT LOOK LIKE?

IS THERE A TASTE?

A SCENT?

A SOUND?

4 DEEP BREATHS

IS IT SITTING THE CLOSEST TO YOU?

WHAT IS SECOND CLOSEST?

2 DEEP BREATHS

NOTICE ONE SENSATION THAT YOU HAVE IGNORED UNTIL THIS VERY MOMENT

PEACEFULLY REGARD IT WITH NEW INTRODUCTION

4 DEEP BREATHS

ACKNOWLEDGE IF THERE IS ANY SENSATION YOU WISH TO IGNORE

GREET THIS WITH NON-JUDGMENTAL ACCEPTANCE

4 DEEP BREATHS

HOW MANY HEARTBEATS ARE IN YOUR PROXIMITY RIGHT NOW?

CALL OUT TO EACH ONE

4 DEEP BREATHS

