

BODY

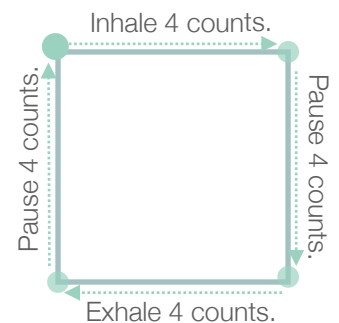
1. EXHALE: Use the body's natural response to exhaling through the mouth—like a sigh—to release tension in the body.
2. SOFTEN: Consciously soften any places of tightness in the body. Pay special attention to the: forehead, jaw, neck, shoulders, chest, stomach, shoulder blades, lower back and belly.

If you want to control your thoughts, control your breath.

The pattern of the breath follows the pattern of your thoughts.

MIND

3. BECOME PRESENT: Use the senses to come into the present moment.
 - Use adjective + noun to describe sight, sound, sensation, taste, smell.
 - Sensation, sound and breath are always—ALWAYS—in the present moment.
4. SQUARE BREATHING: Do this with your eyes open, aware of your surroundings. Soften the body with your exhale. Consciously slow the breath as you are able.
5. TOGGLE
 1. Engage left hemisphere of the brain by spelling or counting:
 - I . N . H . A . L . E .
 - S . O . F . T . E . N .
 2. Engage right hemisphere of the brain by imagining color, shape, motion of breath or the sensation in the body—chest, gut, throat, belly etc ...
 3. Move into your Pre-frontal Cortex by asking: I wonder....?
 - I wonder what was right here where I am sitting 200 years ago?
 - I wonder what it was doing? Wearing? Hearing?
 - I wonder what I would say to explain my presence?
6. QUESTION / LABEL THOUGHT
 1. Label the thought by saying: Past. Present. Future.
 - If it's a present thought—fine.
 - If it's a past or future thoughts. Let it go by saying: Future Thought/ Past Thought.
 2. Label the thought as: True. Not True.
 - Question the thought—Is it really true. Do I really know that? Really? Or do I just think that?
 3. Question: Is this an old thought? Is this a new thought?
 4. If the thought isn't about the present moment let it go by firmly saying: STOP!



ENERGY BODY

7. ALTERNATE NOSTRIL BREATHING: See Course Page
8. UJJAYI BREATH: See Course Page
9. UPON WAKING: Think of someone who makes your heart smile. Hold that feeling till you get out of bed.