



# 11 breath “coming to our senses”

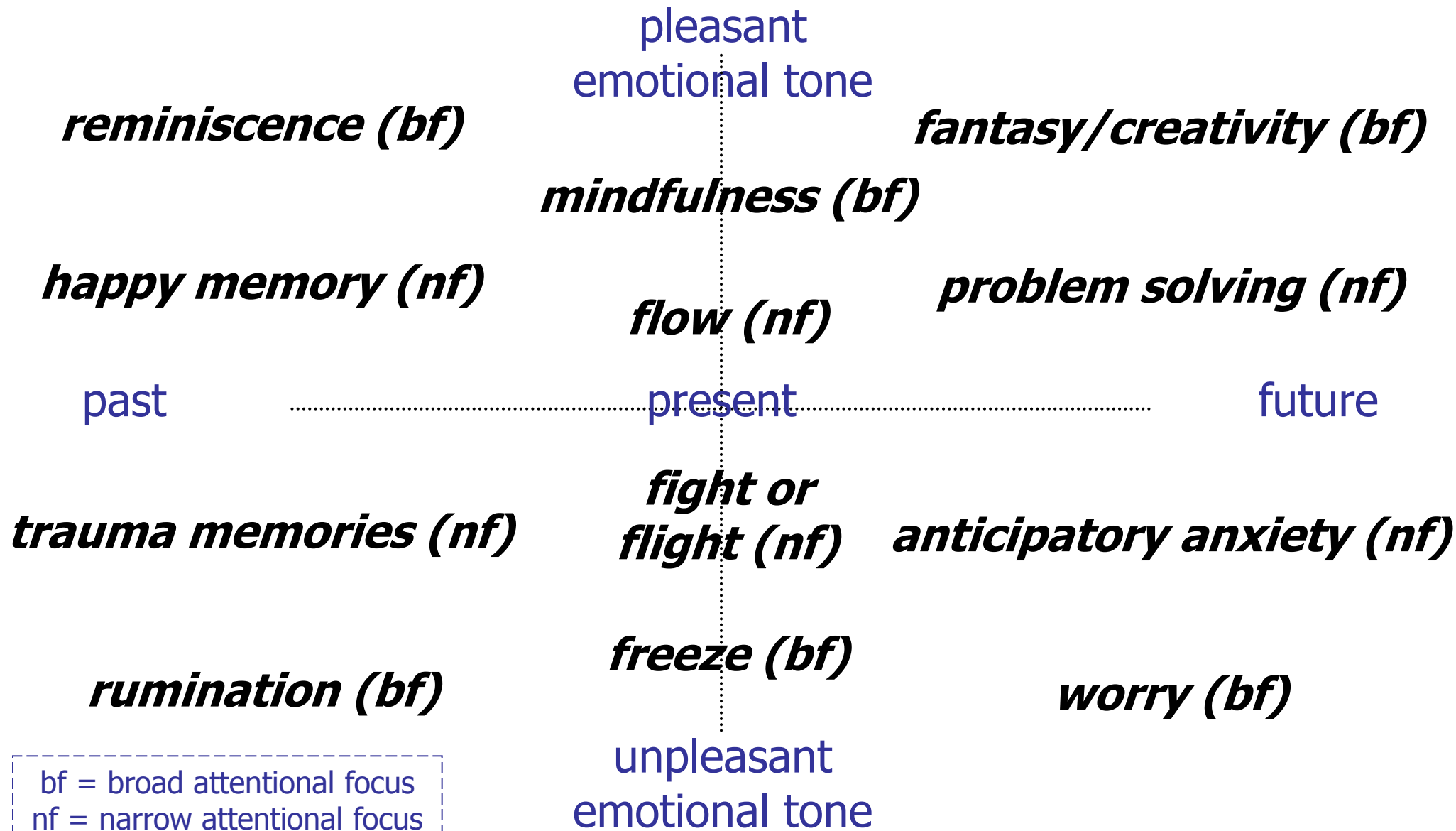
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try practising too with the eyes open and/or standing

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- ✿ *1<sup>st</sup> section:* repeat silently, linking with in & out breath – “*observing ...* ” ; “*hearing ...* ” ; “*sensing ...* ”
  - ✿ *2<sup>nd</sup> section:* again repeat silently, linking with the in & out breath – “*arms – heavy & warm*”; “*legs – heavy & warm*”; “*pulse steady – calm*”; “*breath – breathes me*”; “*neck & shoulders – heavy*”
  - ✿ *3<sup>rd</sup> section:* as in the first section, using the breath & once again coming to our senses in the present moment – “*sensing ...* ” ; “*hearing ...* ” ; “*observing ...* ”
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# attention, focus & time





# four aspects of helpful inner focus

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*reducing  
negative states*

*nourishing  
positive states*

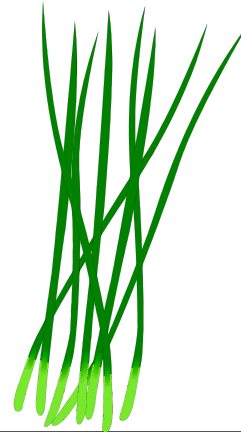
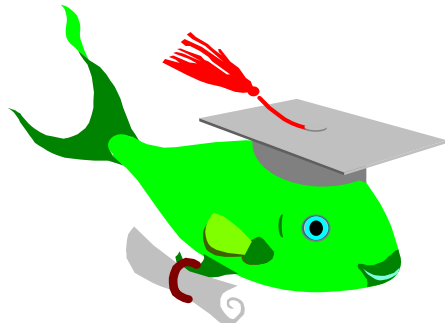
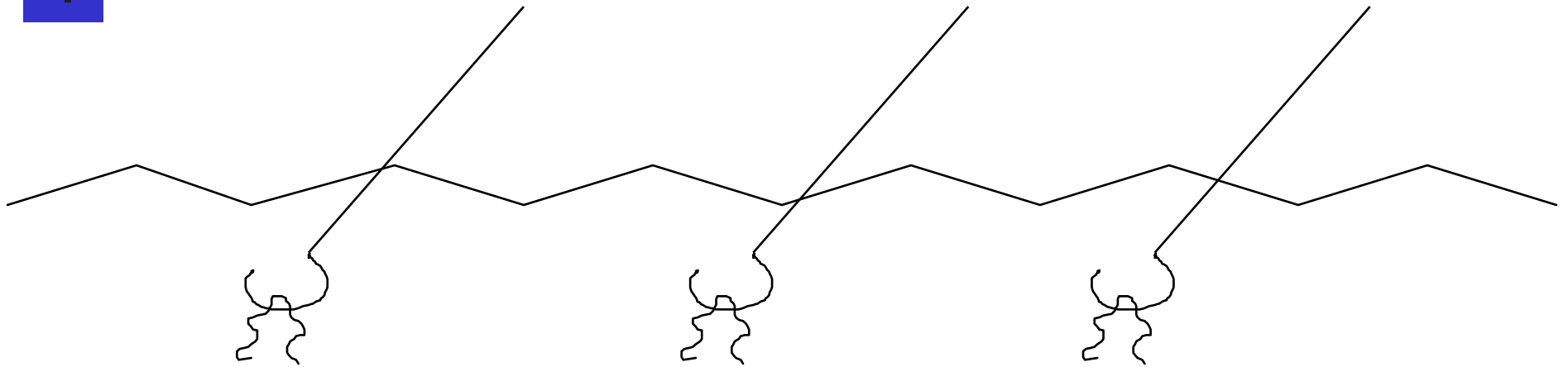
*exploring &  
processing*

*encouraging  
mindfulness*



# dealing with mental chatter

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**3 lessons to  
be learned**

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**the challenge is to be a wise fish!**

# the bus driver metaphor



*for a fuller description  
see the 2 page handout*

- ✧ the importance of values
- ✧ distinguishing values & goals
- ✧ values are about 'now'
- ✧ self-definition by values  
not by goal achievement
- ✧ mindfulness & passengers
- ✧ sometimes it's useful  
to 'listen and respond'



# intentions for this coming week

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- ✧ time for personal reflection and writing
  - ✧ autogenics – the breath focus, second differential & eleven breath exercises
  - ✧ exercise, diet, weight, alcohol, smoking & also possibly beginning to chart sleep
  - ✧ worry & rumination, garden of eden and the appreciations & gratitude exercise
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