

Taming The Brain Exercise 4: Week Four

This week, when you are meditating in silence and solitude, follow the same steps outlined in the previous weekly emails. Quiet your mind, clear extraneous thoughts, attend to breathing, release thoughts as they come into your mind and bring your attention back to what you are experiencing in your body.

Also, this week, practice this for a few minutes at various times in the day. You can read **about the different ways to engage this in the Participant Guide Taming The Brain Exercise #3—Take 2/Integration “On The Fly.”**

This exercise illustrates nine different scenarios where you can simply take 2 minutes to practice mindfulness during your day to make a big difference in how your day is going.

So, in addition to your normal meditation time, **this week’s theme is to practice grabbing opportunities to practice mindfulness disciplines for a couple minutes at various times during your day.**

This is a tremendous way to make a huge difference in your overall well-being with an intentional effort that only takes a few extra minutes per day.

Also, this week, try out a technique that I use to help gauge how present I am when meditating. As I attend to my breathing and calm myself into a deeper awareness of my felt sensations and feelings, I focus on feeling and hearing my heartbeat. Some days, while practicing stillness, I will clearly feel my heart beating in my chest. Other days, it is challenging to connect to. Sometimes, although for me this is rare, I can feel the entire pulse wave of my blood flow through my body as the blood is pumped from the heart.

Practice this always non-judgmentally. Whatever is so for you in a particular moment, simply notice it--don't assess or 'grade' yourself regarding it. This is not a striving or efforting practice. It is a releasing and relaxing and noticing practice.

I believe this helps me connect to my emotional center and emotions. It also enables me to more ably connect to my physical sensations.