

(Big) Little Reminders™

Self-Tuning Exercise

Quieting the Mind

The following breathing exercise is designed to quiet the mind and allow the natural feelings of ease and well-being to be re-stored in both mind and body. This exercise can be practiced at a dedicated time in the morning and evening, as well as moments throughout the day as a method to clear thought and re-focus your mind in a more empowering direction. To receive the full benefit of this exercise it is best to set aside 10 - 15 minutes of quiet, uninterrupted time each day for practice.

Directions:

- ① Sit comfortably in an upright position, with your back comfortably aligned (if sitting in a chair, place your feet flat on the ground). You may either close your eyes, or focus your eyes gently on an object in front of you.
- ② Begin by breathing gently and naturally, in and out. Soften your awareness of your physical senses, and bring your full attention to your natural breathing pattern.
- ③ After a minute or two, begin a more focused breathing pattern as follows:
Breathe in 1..... 2..... 3..... pause
Breathe out 1..... 2..... 3..... pause
- ④ Repeat this breathing pattern for approximately 10 minutes followed by 1 - 2 minutes of quiet sitting.

Special Note:

The three-count breathing pattern for in-breath and out-breath can be replaced by a three word phrase, such as the following:

Be here now

All is well

Feel my heart

I love... (life, sun, breath, rain, fog, me...)

I am or I feel...

<i>Free</i>	<i>Joy</i>	<i>Love</i>	<i>Still</i>	<i>Hope</i>
<i>Ease</i>	<i>Calm</i>	<i>Clear</i>	<i>Trust</i>	<i>Quiet</i>
<i>Flow</i>	<i>Light</i>	<i>Health</i>	<i>Fun</i>	<i>Me</i>
<i>Pure</i>	<i>Bliss</i>	<i>Well</i>	<i>Wise</i>	<i>Truth</i>

Example:

Breathe in *All..... is..... well.....* pause

Breathe out *All..... is..... well.....* pause