



## **Slow Down. Breathe. Open. Feel.**

As you move through your week, my coach's request is that you take time to slow down, perhaps even just stop for short periods of time, and simply breathe. This practice does not need to take more than 2 minutes total.

This simple practice - and it IS a practice (it's not something that will come totally naturally at first) - will help you to move out of your head and into your body and heart by breaking up your patterns when you are moving on auto-pilot. It will help you feel and sense into your experiences and your life. I recommend you practice this in especially challenging or stressful moments as a way of coming home to yourself.

The process is 4 steps:

- 1) **Slow Down:** Slowing Down means consciously stepping out of the fast-paced rhythm that you are moving in, and into a slower, more easeful, more grounded rhythm. Walk away from the computer, or give yourself a time-out from the work you are doing, or shut the television off, or close your eyes for a few moments before a meal or before starting your day. This step of slowing down is simply making a conscious choice to go inwards for a few moments.
- 2) **Breathe:** Close your eyes, and begin to focus on your breathe. Simply watch as the breathe moves the body, and simply watch as you inhale and exhale. Inhale and Exhale.
- 3) **Open:** As you inhale, see if you can let your body open up a little bit. I like to imagine that each cell in my body is actually opening up to receive

oxygen and the life force. You can also just imagine that you are an open vessel. Continue to focus on the breathe.

- 4) Feel: From this slowed down, open place where you are simply breathing, notice how you feel. That's all. No need to change anything, just to become aware and acknowledge. In that moment, are you feeling anxious, free, scared? What is going on for you. You can then move on, but with greater awareness of what is going on for you in the moment.