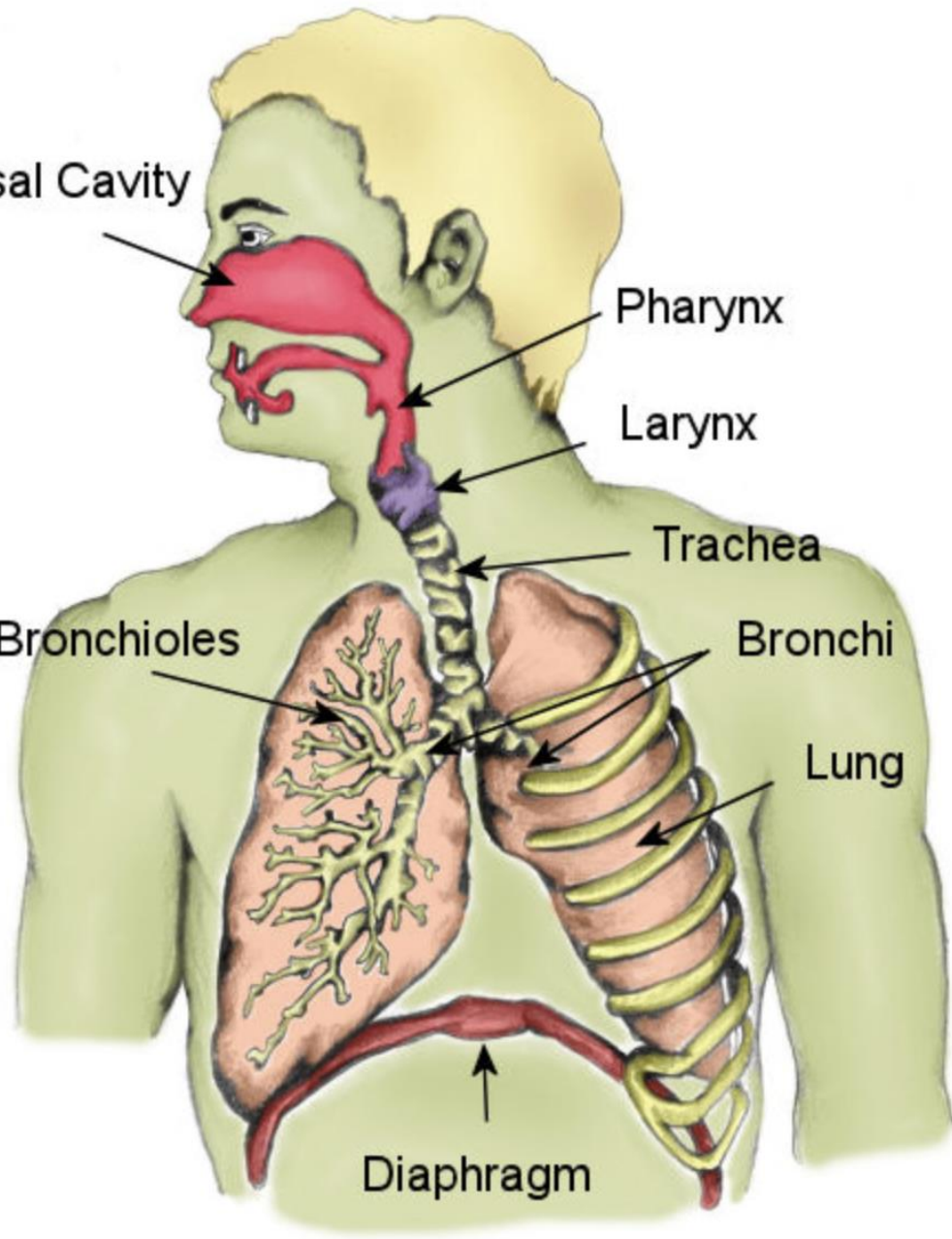


## Homework: Attending

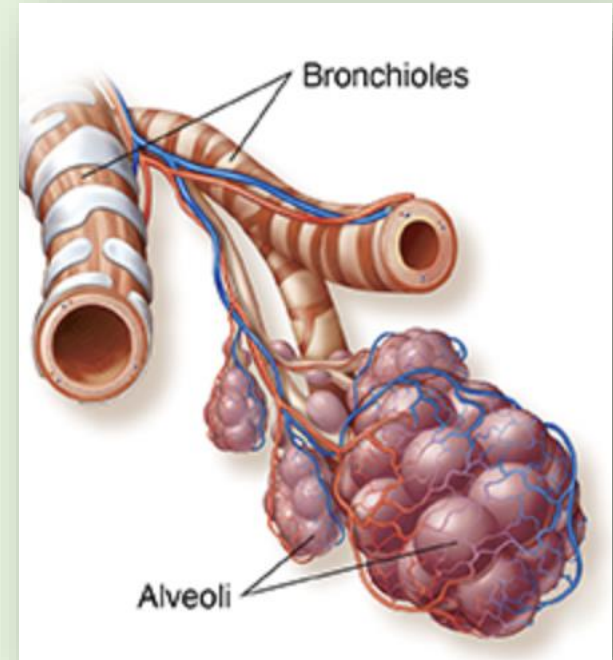


- Begin each day with the intention to become more aware to what you are giving your attention.
- Notice how your attention is given to what you love. Notice how your attention avoids what you dislike.
- Practice tending to or caring for someone or something living, by giving your conscious, loving attention. Notice what it feels like. What do you sense in your body? What thoughts arise or dissolve? What do you observe occurs in the other to whom your care and attention is directed?

Nasal Cavity



Bronchioles



NEW YORK TIMES BESTSELLER

# BREATH



THE NEW SCIENCE  
OF A LOST ART

JAMES NESTOR

"This beautifully organized and superbly informative book is a road map for an intimate and deep exploration of what it truly means to be a 'bodyful' being."  
—Ann Weiser Cornell, PhD, author of *The Power of Focusing*

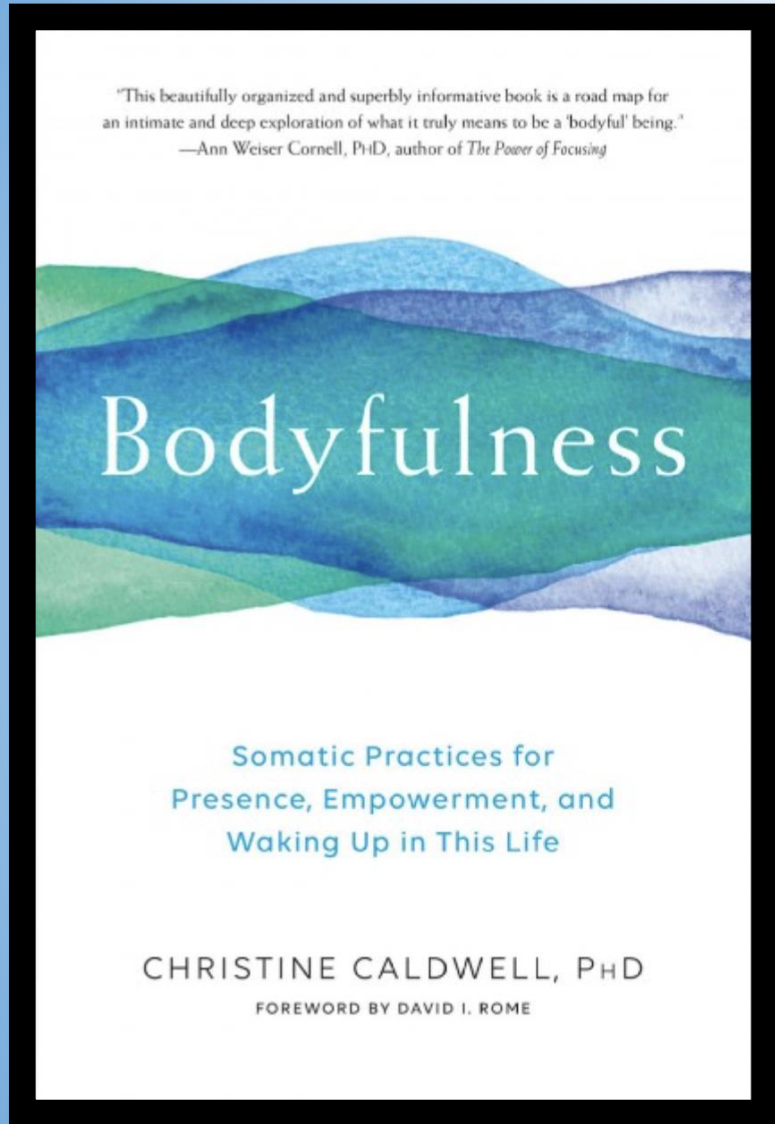


# Bodyfulness

Somatic Practices for  
Presence, Empowerment, and  
Waking Up in This Life

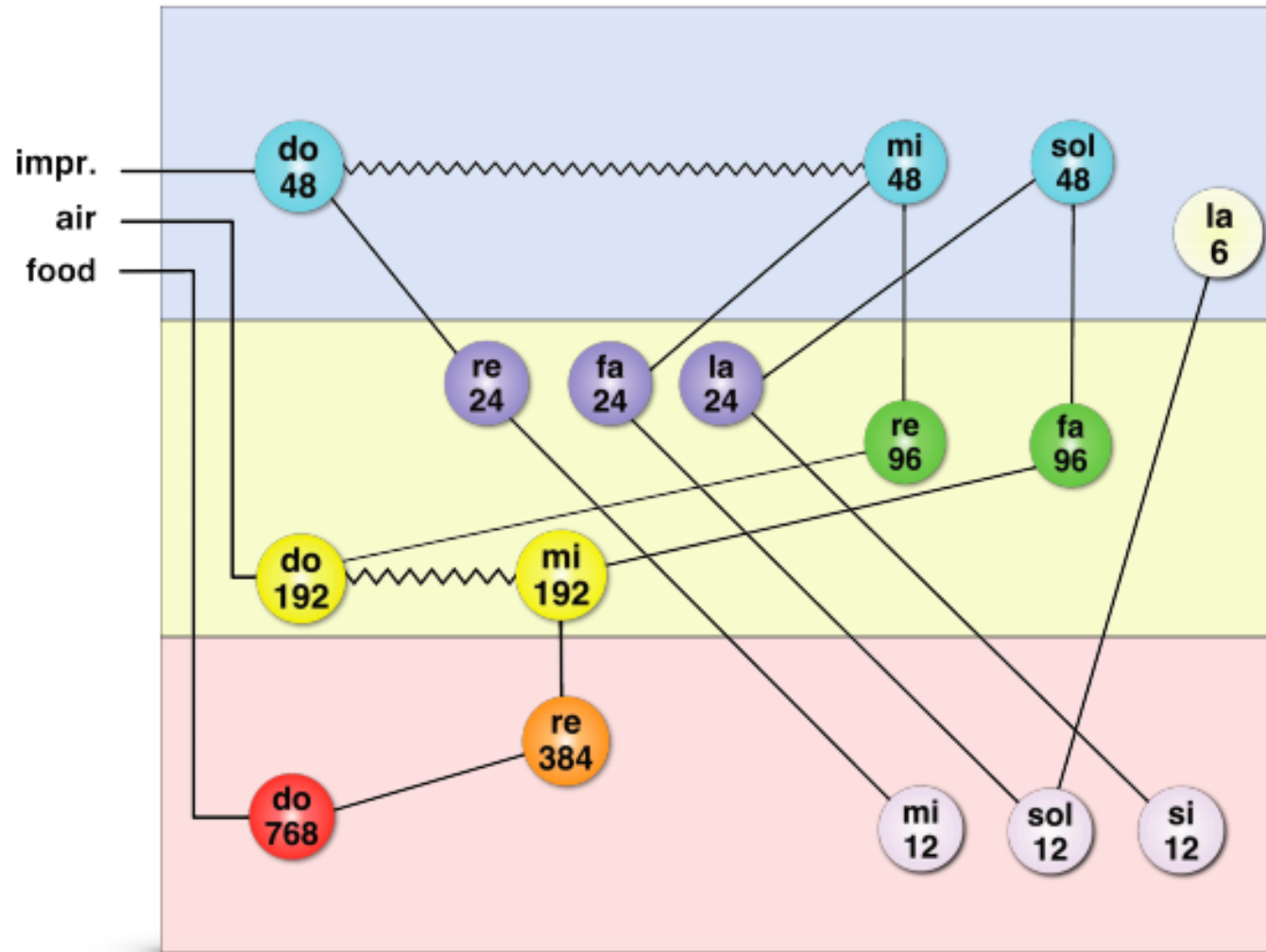
CHRISTINE CALDWELL, PhD  
FOREWORD BY DAVID I. ROME

## *How To Choose A Specific Practice (pp.73-76)*



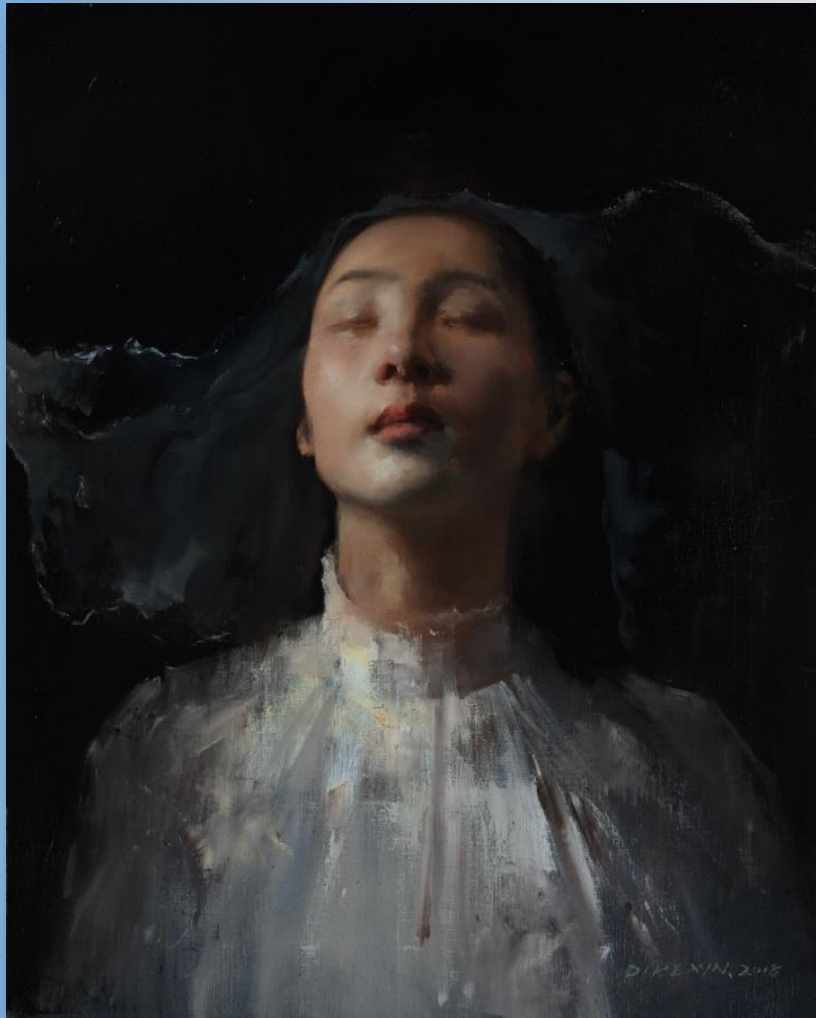
- Know your breath patterns
- Cooperate with natural oscillations
- Teach yourself to regulate yourself
- Breathe in relationship
- Learn to breathe with feelings
- Use breath practice as a resource for both up- and down-regulation
- Allow time for conscious respiratory change

# THE FOOD DIAGRAM



## *"I Am" Exercise – Jeanne De Salzman*

*The Reality of Being, pp. 150-51*



1. Scan the body for tension
2. Become aware of the breath
3. Inhale "I" as through all three centers, representing to myself the active elements of the air entering into the lungs
4. Exhale "Am", filling the body in this order:
  - Right arm
  - Right leg
  - Left leg
  - Left arm
  - Abdomen
  - Chest
  - Head
  - Entire body

## Homework

Choose one or two of the following to work with this week. What do you discover?

- From time to time during the day, practice [inner-stop](#). During this time of inner stillness, observe your thoughts, feelings, sensations and your breath. Notice too any patterns that emerge while in different states of being.
- Look at the rhythm of your days through the lens of the breath. What comes to meet you from this message?
- If you wish, try using the sacred breath during Centering Prayer instead of your sacred word. What do you observe?
- If you have Christine Caldwell's book *Bodyfulness*, re-read the chapter on breathing (pp. 67-87) and consider engaging one or more of the practices she recommends.

