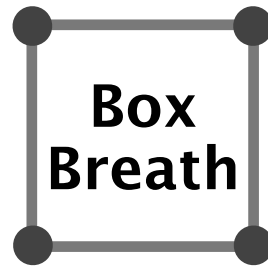


Practice is purposeful activity that creates change



- Find a place to sit comfortably with your back straight
- If it feels comfortable, close your eyes to minimize distractions
- Take a deep breath in and out grounding yourself in this practice
- Inhale through your nose for a count of 4
- Pause and hold the breath in for a count of 4
- Exhale through your nose for a count of 4
- Pause and hold the breath out for a count of 4
- Repeat for 5 breaths (you can use your fingers to help count the breaths)
- To complete your practice, release control of the breath allowing to find its natural cadence
- Take a moment to notice any sensations in the body or mind

This practice is designed to enhance focus, improve concentration, and purify the mind



Pregnant women should not hold their breath and people with high blood pressure please talk to your health care provider before this practice

Where Attention Goes, Energy Flows



- Find a comfortable seat, possibly outside
- Close your eyes and take a deep breath in and out to reset the body and mind
- Inhale and allow your breath to guide your attention to the image of a hawk
- Rest your attention in the eye of the hawk and observe life from an elevated perspective
- Notice any sensations you may have as your attention soars, riding the air currents, effortlessly observing the scene from a mile above the ground
- Circling a small area in which your attention encompasses the tops of trees, the squirrel running on the ground, a fish swimming in the pond beneath you
-  With another breath, bring your attention to an image of an ant walking at the base of a tree
- Rest your attention within the ant's eye and observe life from this humble perspective
- Notice any sensations you may have as you look up at the tall tree next to you or through the blades of grass in front of you
- Quietly observing the caterpillar inching by, the butterfly fluttering just overhead, and the other busy ants marching in a line toward some bread crumbs

Your life is directed by your focus of attention

Shift your focus on what you desire and your actions will take you in that direction