

Transcript

Thoughtfulness Exercise (video)

In Step 1 of the Intrinsic Practice, there is an exercise called thoughtfulness. It's an exercise that takes a few minutes to practice to be better at being attentive or at anchoring into an emotion of calm or into a focused thought. It's made up of three parts:

1. The first part is breathing naturally and healthily with the diaphragm or the abdomen.
2. The second part is to feel an emotion of calm or joy or remember an emotion of calm or joy.
3. And the third part is to either be attentive to our breathing or say an affirmation silently in our mind.

So let's do it together.

For the first part, we just sit relaxed with the shoulders relaxed and breathe from the diaphragm so this part or the abdomen while we close our eyes and breathe through the nose with our mouths closed. So we do that for 10 breaths.

And now while we continue to breathe from the diaphragm, we just let in an emotion of calm or of joy. Or, if we wish, just remember a moment during which we were calm or joyful and relive it. And we do that for another 10 breaths.

And now while we continue to breathe naturally and healthily from the diaphragm and that we are calm or joyful, we simply focus our thoughts on the breathing. Or, if we wish, we could just repeat with every breath an affirmation such as: I feel calm. I feel joy. Or I feel calm and joy is here. And we do that silently while we continue to breathe. And do that for about 10 breaths.

And that's the exercise of thoughtfulness. So it's recommended to do it at least every morning during our 10 minutes of practice and anytime we may feel stressed or are experiencing a negative emotion, we can anchor back into that healthy breathing, being calm or joyful and being focused. That's it.