

3 MINUTE EXERCISE TO EXPAND AWARENESS AND CONSCIOUSNESS



LIGHT A CANDLE.

1. Sit comfortably with back not resting on the back of the chair.
2. Feel the feet on the floor and the body on the chair.
3. Experience the body as a whole from top to toe.

NOW KEEPING IN TOUCH WITH THE FEELING
CONNECT TO THE TASTE IN YOUR MOUTH

KEEPING CONNECTED TO THE OTHER TWO SENSES
CONNECT TO YOUR SENSE OF SMELL

KEEPING CONNECTED TO THE OTHER THREE SENSES
CONNECT TO SENSE OF SIGHT

KEEPING CONNECTED TO THE OTHER FOUR SENSES
CONNECT TO THE SENSE OF HEARING.

Be aware of all the senses at once.

Notice what happens to the awareness level.

Notice the thoughts flowing through the mind.

Notice if you have gone off with them and gently bring yourself back to the present.

Keep noticing for 3 minutes. Practice 3 times a day.

By Rosemary Butterworth author of *How To Move Forward, Leave Your Thoughts Behind*. Michael's Messenger – w: <http://rosemary.aol.org.au/>