

DEVELOP INCLUSIVE ATTENTION

Improve Presence, Orienting, & Movement

Enjoyable, easy things you can do everyday. Each and every day choose two or three of these activities to do for several minutes each. Enjoy the presence, expanded attentional capacity and improved orientation and relationship to the world.



1

WIDE OPEN VISION

Sit or stand quietly and with your eyes gazing gently at one point, unmoving, notice everything you can see in your peripheral vision: colours, lines, shapes, shadows, objects, people...



2

LISTENING DEEPLY

Go for a walk or sit (outdoors if you can) and open your attention to the 3 dimensional sound-scape. Notice & locate as many sounds as you can, without turning your head much to look at what you're hearing.



3

YOUR BEAUTIFUL BACK!

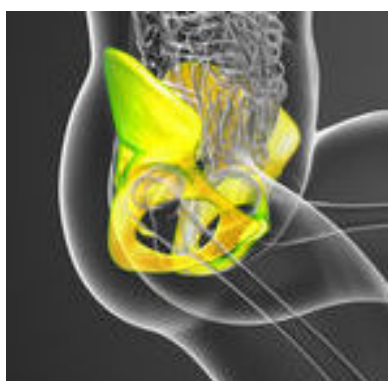
Go for a walk & attend to the sensations throughout your entire back surface of yourself: head, neck, back, arms, legs. We mostly sense the front of ourselves, but we have depth, breadth & width. And the pain-free sensations of the back of ourselves are often neglected --- but no more!



4

3 DIMENSIONAL CRANIUM

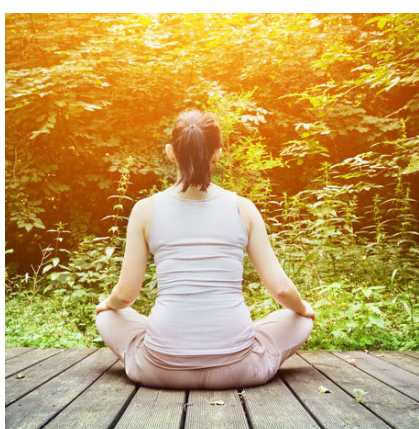
While sitting quietly or walking easily, attend to the sensations of the 3 dimensionality of your cranium - it's depth, width and height & the space inside your cranium - it's volume. Also, attend to the space above and behind your head.



5

3 DIMENSIONAL PELVIS

Choose a position or activity (sitting, lying, standing, walking) & attend to the three dimensionality of your pelvis - it's depth, width and height & the space inside your pelvis as well as all the boundaries of your pelvis - including your pelvic floor and it's dimensions.



6

BREATHING AND ALL

Watch your breathing w.i.t.h.o.u.t changing anything and without judging what you find. Just notice the in-breath and the out-breath. Then after a few breaths, begin to spread your attention to include all of yourself (thoughts, emotions, sensations, movements) and all of the world surrounding you.