

CLASS 1

Mindfulness Begins with the Everyday

Better is silence. . . . Let me sit with bare things, this coffee cup, this knife, this fork, things in themselves, myself being myself.

—Virginia Woolf

This chapter focuses on three key lessons:

1. **We all have the ingredients necessary to learn mindfulness.** We invite you to begin the journey of mindfulness with everyday objects and activities.
2. **We all sometimes operate on autopilot, which has both benefits and costs.** We help you learn how to recognize autopilot in the context of daily life.
3. **You can learn to direct your attention intentionally rather than being pulled without awareness by autopilot.** We invite you to explore how the practice of the body scan can help you direct your attention.

Lesson 1. Mindfulness Is Always Available

How much is your attention focused on what you are doing right now, right here, in this very moment?

If you notice that your attention is elsewhere, or that it is here but only for a fleeting moment before being whisked away to some other distraction, demand, or desire, you are not alone.

Consider, for a moment, how much of your time is spent not paying full attention to what you are doing. How often do you notice that your attention gets pulled from one thing to another, perhaps thinking about what you need to do later today or replaying a conversation that happened yesterday? How often does a running commentary play in your mind alongside what you are doing, typically with a critical or pressured tone? “You’ll never get this done.” “This place is a mess!” “What were you thinking?!”

What would it feel like to be free of this running commentary and of getting pulled into the past or the future? It may seem unlikely (or even unimaginable), but it *is* possible to learn skills that offer this freedom. That is what the practice of mindfulness is all about. Not only is it possible, but you have everything you need to start learning right in your own kitchen.

People sometimes assume that mindfulness is some kind of complicated activity, perhaps thinking, “Other people can learn it, but it wouldn’t work for me.” In fact, you have the ingredients for the recipe of mindfulness already present in your everyday life. Learning mindfulness doesn’t require trips to special stores or online orders. We will start with objects you can find in your refrigerator or on your cupboard shelves.

We invite you, now, to go into your kitchen and choose two small edible objects—raisins, nuts, pieces of fruit or candy, or whatever else is on hand. Once you have them, come back to your practice location and follow the instructions below; we suggest that you read the instructions and pause to practice after each paragraph.

As you are doing this, you may notice that thoughts pop into your mind: “Why am I spending so much time on a walnut?!” or “What does this have to do with staying well during pregnancy or taking care of my baby?!” At these moments when thoughts grab your attention, we invite you to notice, “There’s a thought popping up,” and then bring your attention back to the object. This may happen again and again, and each time we invite you to notice thinking and to bring your attention back. If your thoughts pull you far away, you can read the paragraph again if it’s helpful to anchor you back in the practice.



Practice Now

Hold one object of food in the palm of your hand or between your finger and thumb and bring your attention to seeing the object as though you had never seen anything like it before. Look closely and carefully at the object, perhaps turning it over or rotating it to explore all of its sides. Explore seeing areas of light and shadow, color, shape. Let your eyes explore every part of it.

Now allow your focus on seeing the object to fade into the background of your awareness and bring your attention to the sensations of touching the object. You don’t need to do anything differently, as you’ve been holding the object all along, but now focus your awareness on how it feels to touch the object. Notice texture—smooth, sharp, rough, sticky, dry. Perhaps roll the object between your fingers, exploring its texture.

Now bring your awareness to smelling the object. Hold the object

just below your nostrils, noticing any scent as you inhale. Notice whatever is present in this moment—intense or mild scent or no scent at all. Allow yourself to explore the experience of smelling the object.

Now, allowing awareness of smelling to fade into the background, slowly place the object into your mouth, bringing your full awareness to the sensations of having the object in your mouth. Without chewing, notice the texture of the object on your tongue. Move the object around your mouth, perhaps also notice saliva forming in your mouth.

Now, when you are ready, bite into the object and notice any taste that it releases. Notice sensations of tasting, exploring what it feels like to taste the object with all of its flavors. You might even notice the urge to swallow when it arises and then notice the experience of swallowing.

Now we invite you to close your eyes and do the practice with the second object, moving your attention at your own pace from seeing to touching to smelling to tasting. If thoughts pull your attention away from the object, we invite you to notice “There’s a thought popping into my mind” to bring your attention back to the object. When you have finished tasting the object, allow your eyes to open and reflect on your experiences.

Reflections on Practice

As we explained on page 7, you can’t learn mindfulness and the ways in which it can help you stay well just by reading. It requires both direct experience and then reflecting on that experience. In reflecting on what you noticed, please remember that this is an opportunity to be curious about your experience. There are no right or wrong answers.

What sensations of seeing, touching, smelling, and tasting did you notice?

**Circle
of Mothers**

“The surface of the walnut was so rough and hard.”

“The candy was really shiny.”

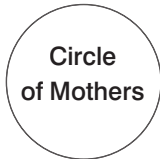
“I was really excited by the time we got to tasting, but the chocolate actually tasted kind of sharp.”

“I didn’t notice any smell when I had the raisin by my nostrils.”

“I was thinking a lot about other stuff during a lot of the practice, but tasting was easier for me. The strawberry was really juicy and sweet.”

“I was very distracted. I chose a raisin, and I noticed myself trying to define it, thinking ‘This looks like a newborn baby’s skin’ and thinking about babies. I was going off in all these different directions, and it was hard to focus on my sensations.”

How did the experiences of eating the object differ from your typical experience of eating?



“I usually eat my dinner in that whole time span, so this was totally different from how I normally eat. I’m usually eating while I’m at work or feeding the kids, so I don’t really have the time to notice all the parts like I did just now. I don’t really notice, as much as I love food, or cooking or preparing food, I don’t usually take it all in. I think I miss a lot of the positives every day because I’m just not paying attention.”

“This practice really showed me how my mind is in the past or future, not the present. I think it’s exactly this same thing that makes me vulnerable to getting depressed. I don’t even realize I’m doing it, but somehow I’m reviewing all the reasons that I’m screwing up at work or being a bad mom or whatever it is. Or I’m worrying about my kids’ futures and how we are going to pay the bills. I’m not paying attention to the present like I did in this practice.”

“It was really hard to slow down, because I have so much to do that if I don’t feel like there’s a purpose to something, it’s hard. I feel like I have to be doing something all the time. I just wanted to get to the end.”

As you reflect on your vision for staying well during pregnancy, postpartum, and beyond, described on page 19 how might this practice support you along the staying-well path?

**Circle
of Mothers**

“Staying well, for me, means having more peace of mind. I get it—with three kids under five and a full-time job, there won’t be much peace in the house, but my mind just goes everywhere, all the time, and that brings me to the point of feeling overwhelmed on a daily basis. If you’re overwhelmed with thoughts about whatever it is that you’re trying to accomplish and then you just feel like you can’t do any of it . . . , for me, that can contribute to a feeling of just hopelessness. It seems like when I am thinking too much, it could be really valuable to recognize that my thoughts are everywhere and learn how to rein them back in.”

“I want to have less tension in my life. Here, I was like so relaxed that entire exercise. I just was very calm, and so I was noticing just by focusing on whatever it was at the moment—whether it was the touch, the seeing, the smell—I was, I was very relaxed. I think this practice might help.”

“Focusing on the smells and tastes was really hard. I hardly focused on the candy at all, and when I noticed that I was distracted, I kept thinking that I was doing it wrong and that this is only the first class . . . how am I going to do eight classes if I can’t even eat a piece of candy right!?”

A Recipe for Mindfulness. Through the practice of mindful eating, you may have realized how little of the time we are aware of experiences and how the practice provides a concrete way to shift attention. It also provides a direct experience of the fact that learning the skills of mindfulness doesn’t require special equipment or even additional time. Mindfulness is always available. If you are like many during pregnancy and the postpartum, with demands on your energy and time, this is essential. That’s where the daily practice comes in. Fortunately, all of the activities that one is busy doing every day also can provide an opportunity to practice mindfulness. The kitchen is a wonderful place to start your daily practice—with the routine, daily activities of eating, drinking, and cleaning. While doing any of these activities, you can shift your attention to the experience of simply being in the present moment—just as you did in eating just now—and this shift can help support you on the staying-well path. It’s a simple shift, but one that requires practice.



Daily Practice for Lesson 1

As you've now practiced learning the skill of mindfulness with the edible objects from your kitchen, for the next 7 days, we invite you to practice bringing mindfulness to a daily activity.

- ◆ Listen to the “Introduction to Daily Activities” (Track 1) for an overview of the mindfulness of daily activities.
- ◆ Practice at least once a day with one of the daily activities: “Drinking Tea Meditation” (Track 2), “Eating Meditation” (Track 3), or “Washing Dishes Meditation” (Track 4). You may listen to the recordings for mindful drinking, eating, and washing dishes each time you practice or only the first few times and then explore bringing mindfulness to the activity on your own.
- ◆ In short and simple responses, record what you noticed in your Practice Journal at the end of this chapter. Focus on the sensations of seeing, touching, smelling, or tasting (e.g., “hot,” “cool”). You also may notice and record where your mind was during the practice (e.g., “My mind wandered to worrying about the ultrasound”).

Lesson 2. Expanding beyond the Kitchen: Noticing Autopilot

The practice of eating mindfully highlights the fact that many of us miss opportunities to be focused on our experience. We eat without being aware of the actual sensations of eating. This is autopilot. In our busy, everyday lives, we can sometimes go “on autopilot” for hours (or days!) without really being aware of it.

Autopilot certainly is useful at times. It can be very efficient, which is important when juggling the demands of pregnancy and a new baby. For example, autopilot can be helpful in the middle of the night when you need to change a diaper and prepare a bottle. But, when it's our only or main mode, autopilot comes with a cost. Autopilot may deprive us of fully experiencing the pleasurable moments of life. For example, we may be on autopilot going through the tasks of daily life—working, doing laundry, feeding and changing the baby—to the extent that we don't fully savor the moments when our babies make eye contact or smile or laugh.

If we've struggled with self-criticism and judgment or anxiety and worry, autopilot also may carry us into difficult territory without our awareness. All of a sudden, we're feeling down and don't know how we got there.

Doing Mode and Being Mode. For most mothers, much of daily life can be conducted on an autopilot “doing mode”—doing tasks, running errands, juggling responsibilities—with your awareness on getting to the next moment rather than fully experiencing the moment that you are in. In this way, “doing” can eclipse the moment-to-moment experience of “being.”

Mindfulness practice—even just a few minutes every day—can offer the opportunity to notice how it feels to be in “doing mode” and to step into “being mode.”

Mindfulness Is an Alternative to Autopilot. Practicing mindfulness—in concrete and direct ways, like eating with awareness—can help you strengthen this alternative to autopilot and stay well. With practice, it’s possible to change the habit of automatic “doing,” realizing that “being” is always available in simple, routine moments of daily life.

What does autopilot or “doing mode” actually look or feel like in the context of everyday activities? Let’s consider the example of Jan, who decided to practice mindfulness—moving from “doing” the daily activity of taking her prenatal vitamins to “being” present with her experience fully.

On autopilot or “doing mode,” Jan described her experience like this: “I take my vitamins in the morning with breakfast. Sometimes I don’t even notice that I’ve taken them, I’m so busy trying to get out the door, but a lot of times, as soon as I open the bottle, I’m thinking about whether I’m doing enough to be healthy during this pregnancy. I mean, I try to eat right and exercise, but I know I could be doing more. What if I’m not doing enough and it’s hard on the baby? I think, ‘I forgot to take my vitamin yesterday. What if the baby has some kind of health problems that I could have prevented? Is taking vitamins really enough?’ I end up swirling around in those worries.”

When practicing mindfulness and “being” in the activity of taking her vitamins, Jan described the experience like this: “I noticed the colors of the bottle, the bright pinks and orange. I was aware of picking up the bottle and the sound of the vitamins as I turned the bottle on its side to open the cap. I noticed the scent of the vitamins as I inhaled at the opening of the bottle. I felt the firm smoothness of the vitamin as I poured it into my palm. As I brought the vitamin up to my mouth, I was aware of the thought, ‘Will taking vitamins really help my baby be healthy?’ and I noticed that I was focused on thinking instead of how the vitamin felt on my tongue. I noticed that I wanted to swallow and the coolness of the water that I drank.”

In both cases, Jan did the same thing: taking her prenatal vitamins. When on autopilot, “doing” the task of taking her vitamins, Jan’s attention was focused on doubting herself as a mother and worrying about her baby. Practicing mindfulness offered an alternative to ruminating about the past and worrying about the future.

Although not “easy,” simply “being” and noticing what you see, feel, hear, smell, and taste during any activity constitutes mindfulness and can help you shift out of autopilot. As it did

for Jan, “being mode” provides an anchor for your attention in your immediate, physical experience. We’re not suggesting mindfully taking vitamins will guarantee immediate and concrete benefits like feeling peaceful or at ease. What we are saying, however, is that committing to this practice today, and in similar ways every day, makes it more likely that mindfulness will be available to you during challenges in the future when it really can help you stay well.

Over time, we’ll help you bring the skill of mindfulness to difficult thoughts, emotions, and situations. Because these experiences so easily trigger automatic pilot (You know the times when your “buttons” get pushed!), even if you don’t realize it until later, it can be helpful to strengthen your mindfulness skills in the context of less challenging, everyday activities—the mindful eating, drinking, and washing dishes of Lesson 1, taking vitamins like Jan, or changing the baby, among other routine activities. Committing to practice in the context of such activities helps to make mindfulness more available when you are faced with the kinds of challenges that may have caused stress or put you at risk for depression in the past. Mindfulness can be a powerful ally in navigating conflicts with family or at work, dealing with sleepless nights, responding to worries about the baby, and other challenging times. It takes practice to have that ally at the ready. As Jon Kabat-Zinn, American professor emeritus of medicine and creator of the mindfulness-based stress reduction program, has said, “Weave your parachute every day; don’t wait until you need to jump out of the plane.”



Daily Practice for Lesson 2

To build your awareness of autopilot, we invite you to practice, at least once a day, catching yourself when you’re on autopilot. Have you gotten to one place or activity from another without noticing the transition? Have you had your “buttons pushed” or reacted with strong emotion without realizing how you got so upset? Have you missed out on simple moments like seeing a friend smile or hearing your baby laugh or been aware of them only vaguely because your attention was elsewhere?

- ◆ Identify any situation in which you are on autopilot and record what you noticed in your Practice Journal at the end of this chapter.
- ◆ Briana describes times that she was on autopilot while doing this daily practice: “I literally drive the same road every day between work and dropping my kids off at day care. This week, I started paying attention to times that I was on autopilot, and I noticed that is true for most of my morning routine. So I started to catch myself as I was saying good-bye to the kids at day care. I noticed more as I was driving to work and realized there was a park with a playground back from the street just two blocks before my work. I never even saw that before; I was so much on autopilot.”

It really struck me how much it's possible to miss if I didn't even see that park after driving that road every day for months!"

- ◆ Like Briana, you might notice things in your physical environment when you catch yourself on autopilot, or new emotions, thoughts, sensations, or experiences of other people around you. We're curious about what you will notice when you start catching autopilot!

Lesson 3. At Home in the Body

How easy is it for you to check in with your body and really know how you're feeling? If you asked yourself right now whether you are feeling fatigued or relaxed, had any aches or pains, how easy or challenging would you find it to answer accurately? Take a minute to try this:



Practice Now

Sitting (or lying down if you're reading in that position) comfortably, take a few slow, deep breaths, and feel yourself release tension with each exhale. Now bring your attention to the top of your head and simply feel whatever sensations are there. Tingling? Itching? Pulsing? Or maybe you notice an absence of sensation?

Very slowly, let your attention move down the front of your face. Be aware of whatever you encounter—tightness, relaxation, pressure. Is the sensation in your forehead, nose, mouth, and cheeks pleasant, painful, or neutral? Is your jaw clenched, loose, or knotted?

What did you discover? Maybe you were surprised to realize you had a slight headache. Or you were pressing your lips tightly together. Or your eyelids felt heavy. Or perhaps you experienced how challenging it can be to direct your attention without its wandering off.

You've just had a taste of a mindfulness practice called the body scan. Now imagine what it would be like to be able to shift your awareness fully to your belly if you felt a twinge that alarmed you or that little pleasant bubbling, fluttering sensation that many women describe when their baby starts to move in the second trimester of pregnancy.

Awareness of the body can help us focus on where we are right now, without trying to resist the feelings or prolong them, without the overlay of thoughts that keep us from the full

experience of what the body is telling us. This awareness can tell you whether something is wrong that needs to be addressed to protect your health or that of your baby, but it can also tell you whether you're slipping into depression, dealing with too much stress or anxiety.

So many of us have trained ourselves to ignore the hunger pangs that tell us to pause and have lunch or the fatigue that tells us to pause and take a break. Often we rely on this capacity to stifle awareness of how our bodies are feeling. It can help us get things done. Now we might feel hyperaware at times—like when we're suddenly stopped in our tracks by a Braxton Hicks contraction, a round ligament pain, or, postnatally, the letdown reflex that takes us by surprise when someone *else's* baby cries within earshot. We also might feel clueless at other times, because we can't wrap our head around the idea that carrying around a growing, moving fetus makes us feel different from before.

With all these new sensations coming at you, now is a great time to reacquaint yourself with your body. It's uniquely equipped to keep you in touch with where you are right now—in this place, at this time, in this mental, emotional, and physical state. Listening to your body, as you will practice doing throughout this program, can help you take charge of your own well-being.

Our eight classes will give you an opportunity to practice with many formal mindfulness practices, which work hand-in-hand with the informal practices like mindfully eating and playing with your baby. Today we begin with our first formal practice, the body scan.

The Body Scan. We invite you to practice the full body scan. To prepare, it's important to choose a place to practice where you feel protected, comfortable, and warm. You can do this practice sitting in a chair or lying down in your bed or on a mat on the floor in a way that will be comfortable. If you're lying down, you can lay your arms alongside you, palms open to the ceiling if that feels comfortable to you. If you're pregnant, you may want to lie on your side, with pillows supporting your back and belly. What matters most is finding a position in which you are relaxed and supported, and this is likely to change from day to day throughout your pregnancy and early parenting. Because the body scan is a practice of being awake rather than falling asleep, it might be helpful to practice with your eyes open from time to time, especially if you are lying down and feelings of drowsiness arise.

We will scan the entire body with our attention, from top to bottom, exploring sensations and paying attention to whatever is happening, moment by moment, in the body.

Your attention may wander as you do this practice. We want to assure you that it's the nature of the mind to wander and to think. It is bound to happen a lot. This is not a sign that you are doing anything wrong. It's simply the mind on autopilot, thinking, judging, remembering, planning, and so forth. At these times, gently bring your attention back to the instructions and follow along as best you can.

If you have a baby growing within and you feel movements of the baby at any time during the practice, allow your attention to move to those sensations. During these times, you may allow your focus on the instructions to fade into the background and stay with the sensations of the baby moving. In this way, we encourage you to allow the baby to be your teacher, guiding you back to the present moment. As you will discover increasingly over time, your baby can be a powerful mindfulness teacher through pregnancy, labor, delivery, and all through your years of parenting. When you feel movement, bring your attention there, and when the movements subside, return to the instructions.



Practice Now

Once you have prepared your space, listen to “The Body Scan” (Track 5) to do this practice now. When you are finished, please return to reflect on your experience.

Reflections on Practice

What sensations did you notice while doing the body scan?



“I didn’t notice many sensations because I just fell asleep. Or maybe I just zoned out. During the parts when there weren’t guiding instructions and it was quiet, I was like half asleep . . . and then the voice would kind of come back and I’m thinking, I can’t remember where we are in the body.”

“I noticed the toes on my right foot feel really tingly.”

“I think I spent the entire time thinking about an argument that my mother and I had last night. I felt some sensations in my face, but then I was pretty focused on this thing with my mom. I felt impatient and I wanted the instructions to end so that I could call my sister. I kept having to bring my attention back to the instructions again and again.”

How did the experience of paying attention to your body in this practice differ from your typical experience of your body?



"I kept thinking that I was doing it wrong. I was really distracted and impatient. I kept wondering if I should be doing it differently than I was."

"I have a lot of pressures in my life right now, so for me it was a very pleasant kind of quieting experience. It made me realize how busy I must have been all day, or maybe just in general. To sit still and kind of let other things go, I realize there are just a lot of things racing through my head on a normal day-to-day basis, so to not pay attention to it was really kind of nice. It felt peaceful . . . there was no TV, nobody talking. And I could feel the baby move a lot, kicking and flipping around."

"I don't think I really feel my body all that often. I think about my body a lot, like how much weight I'm gaining each week of this pregnancy, and whether it's too much or too little, but I don't really feel it all that much. This was different. I noticed tightness in my shoulders and a general feeling of drowsiness in my body."

As you reflect on your vision for staying well during pregnancy, postpartum, and beyond, described on page 19, how might this practice support you along the staying-well path?



"I think that paying more attention to my body can help me become aware of stress and anxiety before it becomes a dark hole I disappear into. I think that this practice also can help me feel more in touch and present with the baby growing inside of me, which is something I've been having difficulty with thus far. It has felt so abstract and strange,

and I've felt bad that I'm not more connected to the whole experience of being pregnant. I want to be connected to the feelings of being pregnant and to be close with my baby when she is born."

"I have been so busy since starting back to work. I was really stressing about going back to work, and it has been hard. My husband has been on me about doing some practices. I find that the body scan has been most helpful. I need him to kind of push me to do it at night, but when he does, I go into our bedroom and shut the door and listen to it on my phone while he watches the baby. I am shocked at how easy it is to let go of the stress of all that I am doing. I just lie there on the bed and listen to the instructions and feel my feet or my heart beating or whatever it is. I like that it's so concrete and clear. I just follow it along, and it really helps when I do it. I focus on what I'm actually feeling in my body instead of all these thoughts and pressures about what I have to get done and how I'm going to take care of everyone and everything."

Be Curious. In noticing sensations, thoughts, or emotions, it's helpful to be curious. Inquire of your experience: At what point did sensations arise? What was their quality, and in what ways did they shift over time? To what extent did intensity of the thoughts and images shift over time? No matter what the experience—pleasant, unpleasant, intense, or subtle—you can bring questions of interest and curiosity.

It's Okay to Feel Whatever You Feel. You might feel calm and relaxed during the body scan practice or a sense of restlessness, agitation, or boredom. Remember that whatever you experience is okay. The aim is simply to focus your attention on each part of the body in turn and notice the sensations that greet you. It is important to give yourself permission to let yourself feel what is arising in your body—whatever it is. The pregnant and postpartum body can be hard to live in. If you detect a sensation that's pleasant, you may feel a tendency to hang on to it. If so, you can practice letting go, opening, and seeing if you can be with the sensation of pleasure without trying to sustain it. If you detect a sensation that's unpleasant or uncomfortable, you may reflexively try to push it away; you may feel angry about it or afraid of it. If you spot any of these reactions, remember that you can notice them and let them go. The option always exists to come back to the direct experience of the moment—get curious about what is the actual sensation. Feel it directly, welcome it, as best you can. Practice being at home in your body, whatever you feel.

Don't Be Surprised by Self-Critical Thoughts. The majority of women struggle with critical thoughts about their bodies. Being pregnant and in the postpartum period can make these types of thoughts louder and more frequent. The invitation to focus on your body in this

practice might be the last thing you want to do. This might be even more true for women who have struggled with weight or problems like binge eating, bulimia, or anorexia. The practice is inviting you to take a very different approach to your body, one that is gentle and friendly, emphasizing noticing sensations as they arise. Self-critical thoughts about your body might arise so intensely that they take center stage. Over the next few lessons, we will be learning a range of practices to help with such powerful thoughts. For now, know that many women find that bringing attention to the body opens the door to a flood of self-critical thoughts. As best you can, bring your attention back to the guiding instructions and the sensations you feel.

Let Your Experience Be Your Most Important Guide. Remember that you are in charge of how you practice. If it's helpful for you to break the practice into smaller units that you do in multiple sessions throughout the day, that is totally fine (e.g., your head and shoulders in the morning, your torso in the afternoon, and your lower body in the evening). What matters is beginning to shift your relationship with your body so that it can become a source of information and wisdom for you over time. If you have had many years (decades, even!) of a judgmental and critical relationship with your body, small steps of connecting differently with your body might make the most sense. There is no right or wrong way to do the body scan practice or this entire program.

It's Never Too Late to Begin Again. Each time you notice your attention pulled away by thoughts, whatever they might be, you have another opportunity to practice noticing and then to begin again. We invite you to bring your attention back to the guiding instructions, even if you have been pulled into thinking (or dozing off) for some time. Remember: it's never too late to begin again.

Your Body Is an Anchor to the Present Moment. The body can help to anchor our awareness in the present moment, not the past or future, and offers a way of stepping out of the autopilot of thinking, judging, and evaluating. This practice trains your ability to stay connected with how you are feeling in your body, moment to moment. It also trains your ability to direct your attention, rather than having autopilot carry you along without your awareness (or your consent!). As you move your attention to different parts of your body, you gain practice directing your attention on purpose.



Daily Practice for Lesson 3

Do the body scan once each day this week.

- ◆ Use “The Body Scan” (Track 5) to guide your practice. Once you have practiced the body scan with the audio instruction many times, you may choose to practice without the audio. Many women find that Sharon’s

voice sets the right tone for letting whatever arises emerge freely, and so they continue to use it.

- ◆ Give yourself permission to feel whatever you find as you move your attention throughout the body, following the instructions. As best you can, let go of the habits to hold on to pleasant sensations and push away unpleasant sensations. Allow your experience to be as it is, at home in your body, whatever you find. Even if you find yourself judging yourself or the practice, keep following the instructions.
- ◆ Briefly record the sensations, thoughts, or emotions that you notice in your Practice Journal at the end of the chapter after each practice.

Daily Practice Summary

To recap, we invite you to do the following daily practices and record your experiences in your Practice Journal below.

Lesson 1

- Practice mindful eating, drinking, or washing dishes at least once each day. You may use Tracks 1–4 for guidance the first few days and then continue on your own or with the ongoing support of the audio guidance. In short and simple responses, record what you notice in your Practice Journal.

Lesson 2

- To become aware of autopilot, at least once a day, practice catching yourself when you're on autopilot. Identify these situations and record what you notice in your Practice Journal.

Lesson 3

- Do the body scan each day, using “The Body Scan” (Track 5) for guidance. Record in the Practice Journal each time you listen to the guided body scan instructions, recording briefly the sensations, thoughts, or emotions that you notice.

Circle of Support

On at least one day, talk with your support person about what you learned from this chapter and what you are noticing in your daily practices. Record any reflections based on these conversations in the Circle of Support Reflections.