

B-FIT Mindfulness - Basic Exercise
Awareness and Ahh-llowing of B-FIT

(reference www.centreforconsciouscare.ca - audio resource disk 9 track 1)

Body Sensations—Feelings—Image Way of Thinking—Talk Way of Thinking.

Script Guidelines

Remember:

- that to label is to say to yourself what you are experiencing. Labels can be late and a guess.
- breath through your nose, to inhale and exhale.

1. Sit with a posture that for you is alert but relaxed i.e. close your eyes, straighten up and settle in.
2. Start to inhale to the count of three and exhale to the count of six. This is one breath cycle.
3. Experience the Body's expanding and contracting in your belly, label this experience rise and fall (pause 10 seconds). For this part of the exercise, any thought or feeling that appears, 'Catch' it, that is become aware of it, label it "Thought" or "Feeling", and gently but firmly return to your body focus.
4. Experience the body's expanding and contracting in your chest, label this rise and fall (pause 10 seconds).
5. Now bring your awareness to your nostrils and become aware of the experience of in and out (pause 10 seconds).
6. Now move your awareness to your left arm and shoulder. On your next inhalation, intentionally and progressively tighten your left arm and shoulder to the count of three, 1, 2, 3 and slowly release to the count of six while paying close attention to this body sensation, 5, 6, 7, 8, 9. Label the release "ahh-llow".
7. Now move your awareness to your right leg and inhale and tighten 1, 2, 3 and exhale and release 5, 6, 7, 8, 9.
8. Now move your awareness to your left leg and do the same (pause 10 seconds).
9. Now move your awareness to your right arm and shoulder and do the same (pause 10 seconds).
10. Now leave body sensations in the background and become aware/observe thought forms. Intentionally bring to your mind's eye a sunset. Become aware of whatever representation appears. Label this "image" (pause 5 seconds). When a form or representation like this happens spontaneously, we label this **Image Thinking**.

Now intentionally say some words to yourself like my name is _____. Be aware that you are saying the words. When this form happens spontaneously, we label this **Talk Thinking** (pause 5 seconds).

11. Now, let your mind start to observe the form of any thought that arises spontaneously. Let your observer mind be like a cat sitting at a mouse hole, waiting for a mouse to appear. When a thought appears, “notice” if it is an Image or Talk form and label accordingly. Some forms will last for a fraction of a second, others for up to approximately five seconds or longer. Let the form last as long or as short a time as it wants to. “You,” the observer, are just observing what forms (not content) are arising (pause 20 seconds).

Intentionally keep a nonjudgmental “ahh-llowing” attitude for all forms that appear. For now content and meaning are totally irrelevant. Do not attempt to encourage or shut down any image or talk. Just become the same “ahh-llowing” observer, witness or noticer that observed the body sensations, now observe thinking forms. Label the forms that happen. There is no preference for image or talk forms. Some of you may only have either talk or image, and some of you will have both (pause 30 seconds).

12. You may or may not start to notice that there is also the experience of something that is not a discernible thought form. Label and ahh-llow all of this experience as “**some**” as in something is happening (pause 30 seconds).

13. You may also notice a fourth experience where there is none of the above, label this “**none**”. You now have four balls in the air so to speak: image, talk, some and none (pause 30 seconds).

14. If you get pulled into the thought content, catch yourself and refocus to be the observer (pause 30 seconds).

15. Now leave Image and Talk forms in the background and start to observe what you are **Feeling**. Once again just start to observe what is happening with your Feel and ahh-llow it to happen. If you are experiencing relative calm or peace, label this “Calm” and notice what is happening in your body—one location or even your whole body. Label the feeling and location and ahh-llow calm (pause 30 seconds).

16. If you are experiencing frustration, impatience or whatever, once again label the feeling and intend ahh-llow. We have no preference for what Feeling is spontaneously arising. We just notice the feeling and associated body sensation, label the feeling and location if applicable, and ahh-llow the body sensation to be as intense as it wants and label “stronger,” “weaker” or “the same.” Label with an intention of ahh-llowing (pause 30 seconds).

17. Now close the session with a couple of statements:

- “I am so deeply grateful for being gifted one more day” (pause 10 seconds).
- “May I fully participate in this day, mindfully, joyfully, wisely and compassionately” (pause 10 seconds).
- “With everyone I meet today, I intend to help them be their best self” (pause 10 seconds).

18. When ready mindfully open your eyes and intend to maintain some of your mindful awareness throughout your day.