STEP 12: SPEAK AND READ ALOUD ON EXHALE EXERCISES

**PREPARATION FOR SESSIONS**

By this session, it should be a standard practice for you to perform the Progressive Relaxation with integration of Deep Breathing and the Yawn and Sigh. Your skill in Mindful Body Scanning and Scanning of Internal and External Senses should be a standard component of your preparation. You have now added Vagal Nerve activation of Eye Rolls, Facial Exercises, Throat Support Muscles, Pelvic Exercises, and Tongue & Mindful Eating. You have gained the skill of Mindful Movement, and can have the choice of what position you want to take during the session or during the tasks of the session.

If you do not take the time to do this preparation work, then the beginning of your session will consist of this preparation task.

When you start the session in this prepared “mind-state,” we will do a “quick-reset” to begin the session.

**TODAY’S SESSION**

Today, you begin a journey which leads us into the integration of Western Science with Oriental Medicine.

For the exercises we will perform, please watch this video and read the text script:

<https://youtu.be/x75UelkQulM>

Self-Help Video #6 Part 4: Speak and Read Aloud on Exhale Exercises

To understand the connection with Oriental Medicine, please read the attachment:

“Toning, Speech, and the Heart”

If you are a singer, please also read the attached document “Singing Resources.” You may need to change “bad singing habits” to fully achieve being able to “speak on the exhale.”

**REVIEW OF JOURNALS**

We will then review your Daily Journal entries for the prior week and will continue with integrating the Sleep Journal and the Dream Journal. We will begin in a chronological order of entries since your last session. You will briefly describe the various “activities” you did during the past week.

Your dreams may begin to increase as your conscious and unconscious mental processes begin to integrate for your health. Remember: Include all dreams as an “event” of the Daily Journal. A dream will be the first entry of the day. Please follow the instructions for your Dream Journal and your Sleep Journal.

When you have a dream event, you will begin our discussion by examining the Sleep Journal. Any factors which impacted your sleep routine may appear in the dream and must be included/excluded before a psychotherapy meaning can be applied.

A dream event will have an impact on the day’s activities. There may be a change in “emotions” (body sensations), or feelings and thoughts (cognitive responses) than how you usually experience an activity. The manner in which you experience your daily activities may have an impact on that upcoming night’s sleep routine, and that night’s dreams.

A dream can be “the signal” of a therapeutic “change” occurring in your “self-identity.” Such a change can impact the direction of therapy interventions.

If a dream event occurred since the last session, then the rest of your session may be focused solely upon this one event.

Dr. Clark