

Practicing it all the way through

PB MR TM DF HG

At any given time I want to reduce one of two things, 1. Uncertainty or 2. Overwhelm, or both

(1. Patterned Breathing / 2. Muscle Relaxation)

Strategy begins with a **2 stage in breath followed by 1 slow restricted outbreath, repeated**

I'm breathing in through my nose using my diaphragm muscle

To expand my belly outward like a balloon

Using the muscles below my belly I'm rolling the air up through my torso

Like I'm squeezing a tube of toothpaste up into my shoulders

I'm topping it off with a second in breath

Holding it in for a few moments, then I'm gradually releasing tension

Out of my muscles through my slow restricted outbreath

Making sure my single outbreath is at least twice as long as my double in breath

(3. Thought Maintenance)

I'm checking to see where my thoughts had been running

And I'm bringing em back into presence without blame, shame, or question

I'm redirecting the energy of my thought focus

Onto the neutral process of releasing tension

Out of my muscles through my slow restricted outbreath

Keeping my thought based mind busy on process of scanning my body for tension to release

One muscle group at a time - Jaw / Eyes / Neck / Shoulders / Arms / Legs / Torso

Focusing on neutral process produces neutral thoughts, neutral emotions, helps flushout system

(4. Divergent Focus)

If my eyes are open, I'm looking directly forward

I'm not allowing my eyes to drift to the right or the left

I'm maintaining a centerline focus, at eye level or above

Looking forward, I'm consciously toggling my vision

From a zoomed in view of the world to a zoomed out view of the world

From seeing the one thing in front of me

My mind had been stress provoked to see more clearly

To seeing what's in front of me as well as

Everything on the right / left edges of my field of view as the same thing

(5. Hope and Gratitude)

From here, I'm checking to see if my mind had been dwelling in hopelessness

Or am I allowing myself to realize a greater sense of hope? It'll be one or the other

Also, have I been feeling entitled to heal, or am I grateful I'm healing?

Again, it'll be one or the other.

I'm consciously choosing hope, and I'm consciously choosing gratitude

Just like reducing uncertainty and overwhelm helps me deactivate stress response

Realizing a greater sense hope and gratitude helps me upregulate higher mind operation

This is what I do: PB MR TM DF HG over and over again

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I'm not a doctor or a mental health professional, this is not medical advice. Everything here is my opinion from my own perspective. For education and peer support purposes only.