



911
SERENE
MIND
PRACTICE

Close your eyes

Practice conscious breathing for 3 cycles...

Let your exhalation be longer than your inhalation

Recognize the exact emotion that is arising in you (1min)

Observe the direction of your thinking

Are you obsessed with the past, worried about the future or are you in the present?

Move your attention to your eyebrow center. (1min)

Visualize or feel a tiny flame moving from your eyebrow center into the middle of your brain (1min)

Hold your attention on this flame in the middle of your head for a few moments.

Whenever you are ready gently smile and slowly open your eyes.

Catherine Scherwenka

info@catherinescherwenka.com

415.960.4888