

WEEK THREE: THE FALL.

BE PRESENT.

THERE IS POWER IN STAYING IN THE NOW.

WAKE UP YOUR SENSES.

FALL INTO THIS VERY MOMENT.

LET GO OF TRYING TO HANG ONTO YESTERDAY.

LET GO OF WHAT YOU THINK YOU WILL HIT TOMORROW.

"THE BAD NEWS IS YOU'RE FALLING THROUGH THE AIR, NOTHING TO HANG ON TO, NO PARACHUTE. THE GOOD NEWS IS, THERE'S NO GROUND." -CHOGYAM TRUNGPA

LET GO OF WHAT YOU THINK YOU WILL HIT TOMORROW.

LET GO OF TRYING TO HANG ONTO YESTERDAY.

FALL INTO THIS VERY MOMENT.

WHAT DO YOU SEE, HEAR, SMELL, TOUCH & TASTE?

WAKE UP YOUR SENSES.

THERE IS POWER IN STAYING IN THE NOW.

BE PRESENT.

JOURNAL PROMPT: "COME TO YOUR SENSES"

PICK A TIME AND PLACE. (MAYBE IT IS RIGHT NOW.) WAKE UP ALL THE SENSES, OR MAYBE JUST PICK ONE TO FOCUS ON. BRING YOURSELF MORE FULLY INTO THE PRESENT WHEREVER YOU ARE AND START LIVING LIFE IN HIGH DEFINITION!

SIGHT: WHAT ARE 10 THINGS YOU SEE?

PICK ONE OF THOSE THINGS AND FOCUS SOLELY ON IT.

WHAT ARE THE COLORS AND TEXTURES?

WHAT DETAILS DO YOU SEE WHEN YOU REALLY LOOK?

NOW CLOSE YOUR EYES.

SMELL: WHAT DO YOU SMELL?

HEAR: SET A TIMER FOR 2-5 MIN...IDENTIFY AND COUNT HOW MANY DIFFERENT THINGS YOU HEAR. START WITH THE SOUND OF YOUR BREATH, THEN MOVE FARTHER AND FARTHER AWAY FROM YOUR BODY.

FEEL: WHAT IS THE TEMPERATURE LIKE? IS THERE A BREEZE? WHAT DOES IT FEEL LIKE? WHAT DOES THE GROUND BENEATH YOU FEEL LIKE? WHAT DO YOUR CLOTHES FEEL LIKE ON YOUR BODY? WHAT MUSCLES DO YOU FEEL ENGAGED AS YOU SIT HERE?

TASTE: PUT SOMETHING IN YOUR MOUTH. MAYBE BEFORE YOU EVEN PUT IT IN YOUR MOUTH YOU LOOK AT IT. YOU SMELL IT. YOU NOTICE THE TEXTURE. JUST A SMALL SOMETHING...DON'T CHEW IMMEDIATELY...WITH EYES CLOSED OR OPEN BRING YOUR WHOLE AWARENESS TO THE TEXTURE AND TASTE OF IT. BEGIN TO CHEW AND SEE IF YOU CAN CHEW 15X BEFORE YOU SWALLOW...IS IT SAVORY? SWEET? TANGY? SMOOTH? CRUNCHY? SALTY?

QUOTES:

“In quiet places, reason abounds.” -Adlai Stevensen

“IT TAKES SOLITUDE, UNDER THE STARS, FOR US TO BE REMINDED OF OUR ETERNAL ORIGIN AND OUR FAR DESTINY.”

-ARCHIBALD RUTLEDGE

“Peace is not the product of a victory or a command. It has no finishing line, no final deadline, no fixed definition of achievement. Peace is a never-ending process, the work of many decisions.”

-Oscar Arias Sanchez

“THE BAD NEWS IS YOU’RE FALLING THROUGH THE AIR, NOTHING TO HANG ON TO, NO PARACHUTE. THE GOOD NEWS IS, THERE’S NO GROUND.” -CHOGYAM TRUNGPA

“There is no destination to get to.”

“THE PATH TO PRESENCE IS THROUGH OUR MIND, BODY CONNECTION—OUR PATH IS THROUGH OUR BREATH. THE BREATH IS ALWAYS THE HERE AND NOW, IT IS THE ULTIMATE PRESENT MOMENT... OUR BREATH IS OUR CONSTANT CONNECTION TO THE HERE AND NOW, AND OUR PRESENCE IS ROOTED IN ITS FLOW.” -KELLY YOKELY

“Wherever you are. Be all there.” -Jim Elliot