Practical Tipps 2

Say yes

- In this exercise, we say YES to everyone and to everything that happens. If you feel the impulse to contradict, then ask yourself if that is really necessary. Could you just nod or even be friendly? Whenever it does not endanger yourself or others, agree with others or with what is happening in your life.

The soles of the feet

- Place your attention on your soles as often as possible during the day. Become aware of the sensations in your soles, such as the pressure of the floor or the earth under your feet. Feel if your feet are warm or cold. This exercise is especially important when you realize that you are anxious or agitated.

Notice dislikes

- Be aware of your aversions, the emergence of negative feelings towards something or someone. This may be rather weak feelings, like an irritation or even strong feelings like anger or hate. Try to see what happened just before this aversion rose. What sensory impressions trickered the feeling - a sight, a sound, a touch, a taste, a smell, or a thought?

Do I overlook something?

- Stop several times a day, and note what you are paying attention to at the moment; Then open your senses to see if you can discover something you have missed. Our attention is usually selective. What did you miss?