

RESILIENCE PRACTICE

1. Practice appreciation with sound—express gratitude for what is

- a. Express and experience appreciation for anyone or anything big or small. Do it in silence or out loud. Just FEEL appreciative. The feeling is more important than the reason for it.
- b. Make the sound “Mmm.”

2. Center

- a. Bring your attention to your point of center, just below your navel.
- b. Line up your hips, shoulders, and head in a vertical line.
- c. Feet hip-width apart. 1. Side by side or 2. In front and behind with weight slightly forward.
- d. Drop your breathing in and out into your belly.
- e. Look forward. See what is in front of you and notice the periphery. Softer, wider view.
- f. *If your shoulders and chest are contracted:*
 - i. Move shoulders slightly up toward ears, then
 - ii. Move the tips of your shoulders back gently, then
 - iii. Draw your shoulder blades toward each other and down your back, then
 - iv. Expand your breath into your back body—back of your throat opens, back ribs expand into shoulder blades, low back fills behind you.

3. Move from center

- a. Generate a swing from left to right, right to left, originating from your point of center.
- b. Notice if the movement begins to originate from shoulders, chest, feet, or legs. If so, pause, then start again, moving from center until you can originate this continuously from center for at least 20 seconds?

4. Mountain pose

- a. *Root:* Press the four corners of your feet into the ground.
- b. *Extend long:* From your point of center, extend down through your feet and up through the top of your head.
- c. *Open:* Lift your shoulders toward your ears, begin to roll them backwards so that your shoulder blades move together, then draw the shoulder blades gently down your back.
- d. *Expand:* Fill the back of your body with breath.
- e. *Focus on feeling:*
 - i. Strong and rooted from your center into the earth through your feet
 - ii. Confident and tall from the center through the top of your head
 - iii. At ease by breathing softly into the back of your body
 - iv. Balanced with even breaths in and out

5. Sun salutation

- a. Begin from mountain pose.
- b. Become aware of breathing. Make your inhale and exhale equal in length. Listen to your breath as it moves. As you move, move with the breath as described below.
 - i. *Inhale*: Arms flow up slowly outward and upward until the hands come together above your head.
 - ii. *Exhale*: Bend forward (if you have low back issues, bend your knees slightly.) Place weight on your fingertips. (If you cannot touch the floor, put your hands on your knees or thighs so your arms do not hang. This protects your low back.) Keep your shoulder blades “plugged in,” moving inward and downward on your back.
 - iii. *Inhale*: While bending forward, swing heart forward and extend spine forward through the top of your head. Make your back flat and parallel to the floor.
 - iv. *Exhale*: Swing your heart back down towards the floor. Place your fingertips on the floor or your hands on thighs.
 - v. *Inhale*: Stand up, leading with your heart, extending your spine straight as you rise up. If necessary, bend your knees before you rise to protect your low back.
- c. Repeat this sun salutation sequence until you feel your heart rate and breathing rate increase slightly.

6. Smile

- a. Put a full smile on your face. Any smile is fine, even if it feels forced.
- b. Keep smiling.
- c. Breathe.
- d. Pay attention to how you feel. Keep smiling until you feel yourself relax, soften, or feel happier.

7. Experience expansive and contractive energy

- a. Watch, feel, and listen to your breath.
- b. Observe how your body expands with each inhalation and contracts with each exhalation.
- c. Imagine or feel that you are expanding beyond your physical limits as you inhale.
- d. Imagine or feel that you are drawing in toward the center with each exhalation.
- e. Once you feel the pulse of expansion and contraction, add a physical dimension to this.
 - i. *Contraction*: Hug your muscles firmly to your bones. Draw in toward the middle of your body.
 - ii. *Expansion*: Expand from the center point of your body and make your body expand out.

- f. *Version 2:* Feel an “energy ball” between the palms of your hands. If you feel the ball expand with your inhalation and shrink with your exhalation, keep holding the ball by moving your hands out and in with the expansion and contraction. Hold the energy ball in the same way you would hold a beach ball that was inflating and deflating.

8. Throw voice from diaphragm

- a. Pick a visual point in front of you.
- b. Inhale full and deep, then direct your voice directly to that point with your exhalation, generating the sound from your diaphragm. Feel the strength and power in the space between your belly and solar plexus. Make the sound “HA!”
- c. Repeat as many times as you are able to do so safely. Stop or take a break if you become dizzy or light-headed.
- d. Keep the energy high but listen to your body and do not over exert. Be careful not to contract your throat or face. Keep it open for the sound to travel easily. The contraction is in your belly, aka, your center or core.
- e. You may find it helpful to step forward on one foot and shift your weight slightly forward. You may wish to rock forward from center as you make the sound. Experiment with this each day.
- f. *Generating a feeling of being powerful is the most important outcome of this step.*

9. Offer good wishes or blessings

- a. In whatever way you do so, offer good wishes or blessings to whomever or whatever you would like to uplift.

10. Make the sound “Ahhhhh”

- a. Breathe in fully, then begin making the sound “ahhh.”
- b. Repeat this for as long as you like.
- c. Generate a vibration that begins at your center and extends between your point of center to the space between the eyebrows. Be aware that you are opening a creative channel between the part of your body associated with creativity (your center) and the part of your body associated with imagination/ideas (the space between your eyebrows, aka, the third eye.) Remember that these points are not just in front of your body, but also behind it and through it.
- d. Experience the vibration along this channel while you repeat the sound.
- e. You can pick different pitches, different volumes, and different intensities. Experiment and find what changes in your voice generate changes in you.

11. Feel it real

- a. Have the experience in as many ways possible of your desired future as if it has already occurred. “Desired future” can be: life dreams, desired state (e.g., calm, powerful, clear, confident,) future work outcomes, conversations.
- b. Enjoy this experience for as long as you have time to do. Feel it real.
- c. The most important element of this step is that you experience a future desired state as if it is completely real and occurring (or having already

- occurred) right now. Imagine it so clearly that you begin to feel as if it is real, now. You can choose a different desired state every day. It's the feeling, not the goal, which is most important.
- d. Eventually, you may find that you can introduce step 11 while you are still making the sound "ahhh" in step 10. As you begin to feel the vibration between your center and your head, you can begin to imagine your desired future and continue making the "ahhh" sound. There is no hurry to combine these two steps. It is merely an option.

**12. Practice appreciation with sound—express gratitude for what is.
"Mmmm"**

Practice each step for a minimum of 30 seconds or until you "feel" a subtle shift. Feel free to lengthen any step that is especially helpful when you do it.