

21 Day Tune-Up: Day 1 - Mini Basic Orienting

Hello, and welcome to the Mini Basic Orienting lesson. Because this one is mini, it will be shorter, and I'll encourage you to listen to your own needs. If there needs to be a pause before this is over, that's fine. Or if there's a desire to continue or to repeat it, that's fine, too. So really listen to the impulse in your system, honor it, respect it. And with that note, sense how you want to experience this lesson. Do you want to be sitting, standing, resting on a couch, a sofa, maybe lying down on the floor, on a mat. So go with that impulse, and then as you find that space and how you want to be, know that you can shift that any time.

And to bring in the idea of orienting, start by bringing that idea to your body, and to your eyes. And to do this, I'll suggest your eyes are open. However, if at any moment you feel a desire to quiet them down, to close them, of course, please follow that impulse. So, you do what's right for you.

So, with your eyes, if your eyes are open, just let them see, let them meander. Let them travel in the space around you to see, it could be something as simple as the corner of the room, it could be out a window, it might be something sitting right in front of you or something far away. There's no right or wrong. It's just to notice how you engage with the environment, how you can see and become aware of really basic things around you. And as you do that, allow the head to also move with your eyes. It might be, and maybe this has already happened, you've moved your shoulders or maybe a bit of your spine. You maybe shifted on the surface you're on, so there's a bit more of a movement to one side or the other, just to let the vision, the awareness come to the external, and to also notice how your body can come along for that ride. How it can help. How it can allow the eyes to have a little more ease of movement.

In other words, basic orienting in this fashion, in this exercise, is to not just move only the eyes, it's to move a bit more of you along with the eyes. Pausing, whenever

needed. Maybe something is interesting. And when you do see something that maybe is interesting, or maybe you're scanning slowly, either way, can you also notice the breathing, your breath? Not to change it necessarily, but to just know that it's there. And if there's a desire to shift the breath, or maybe you notice there's a tightening in the belly that maybe you could ease, let that happen. Allow that to be a little easier. And then come back to how you see the world, the space around you.

And I'll end this Mini Basic Orienting lesson now. And as I mentioned at the beginning, if there is a desire to continue, listen to that. If there is a feeling that this is plenty, then listen to that.