

# Var ett med kroppen!

## 1. **Dagliga vanor** – vi behöver tid varje dag att vara ett med kroppen.

- ”Varje munsbit är ett tillfälle att öva dig i mindfulness.” – TNH
- Mindful movements och gående meditation
- Tvätt händerna i medveten närvaro
- Dagliga sysslor, t ex diska meditation
- Andas medan datorn startar upp och stänger av
- Kroppsscanning (även ”röttljus kroppsscanning”)
- Stanna upp regelbundet medan du jobbar

## 2. **Lyssna på kroppen**

- Uppmärksamma spänningar och ont i kroppen
- Stanna upp!
- Liggande meditation
- Reducera distraktioner
- Följ kroppens visdom

## 3. **Lita på dina känslor**

”When we remain within the body and are thereby able to remain open enough to allow the process of the emotions to unfold in their own way, we make the startling discovery that the so-called ’neurotic emotions’ are not inherently neurotic at all. The neurotic emotionality—the self-absorption or twisted reaction that often happens with us—is not a result of the emotions themselves at all, but rather of our attempts to get control of them, to short-circuit their own natural, inborn process, and to prematurely come to closure about them.” – Reginald Ray

## 4. **Bevara ditt lugn**

”When an arrow strikes you, you feel pain. If a second arrow comes and strikes you in the same spot, the pain will be ten times worse... When you have some pain in your body or your mind, breathe in and out and recognize the significance of that pain but don’t exaggerate its importance. If you stop to worry, to be fearful, to protest, to be angry about the pain, then you magnify the pain ten times or more. Your worry is the second arrow. You should protect yourself and not allow the second arrow to come, because the second arrow comes from you.” – Thich Nhat Hanh

## 5. **Känn igen din betingning**

”Mindfulness helps you recognize mental and behavioral habits and how you’ve been *conditioned* to think, feel, and act in response to various stimuli. This recognition opens the possibility for making more conscious, deliberate choices with regards to your thoughts, feelings, and actions.” – Michelle LeLewicki, författare av *The religion of thinness*

## 6. **Gör ingenting en stund varje dag**

- Försök att njuta av att bara vara
- Låt alla tankar komma och gå

## 7. **Följ din lycksalighet (Follow your bliss)**

- Gör någonting varje vecka som hjälper dig uppleva nöje (även extas)
- Unna dig

