

Daily Self Care Mentastics®

A basic series to increase aliveness, peace, and pleasure

pause often

repeat activities as needed

rearrange the order as desired

feel Hook-up,
invite it in

feel weight,
whole body and each of its parts, move with the feeling

feel suspension/lightness,
whole body and each of its parts, move with the feeling

feel fluidity,
find all the places that can ripple, wave, swirl or flow

feel aliveness,
find all the places that can shimmer, vibrate, tingle or hum

feel connection,
take out the slack on the surface and throughout the 3-dimensional depth

feel evenness and balance,
right to left, top to bottom, inside to outside, front to back

feel Hook-up,
bask in the glow, let go and enjoy the peace

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