

Week Three Email

2 September, 2019

Dear Colleagues

Welcome to week 3! And here we are!

I am enjoying reading your postings on the Listserv. I love the insights you are sharing; thank you.

As you continue to play with noticing where your attention resides, do continue to remind yourself that noticing what you are noticing with gentleness and kindness is something you can practice anytime, anywhere ... it can be as simple as focusing on one breath or one inhale and one exhale and naming what you notice without going into the story of it all. And remember, that accepting what is in the moment does not mean you accept what created that moment.

Some of you noted that you were not able to access Figure 5 from the week two letter. I apologize. The citation for Figure 5 is: Bresciani Ludvik, M.J. (2017). Leveraging neuroscience and education to prevent youth aggression and violence. *U.S. China Education Review B*, 7(9). 401-433. And the manuscript can be accessed for free below.

<https://www.davidpublisher.org/Public/uploads/Contribute/5a434ee00b239.pdf>

As we move into our next week, I invite you to continue to focus in on your own experience as you experience each practice. What are you noticing from moment to moment? Where is your attention resting? What are you noticing about where your attention is resting? Are you noticing bodily sensations, sound sensations, sight sensations, thought sensations....? What is the quality and texture of your attention, particularly as you invite your attention to rest on bodily sensations and the naming of emotions or feelings.

See if you can journal about what you are noticing as you experience the practices.

Also, please know that I am here for you. I am available to facetime, Zoom, or Skype with you if you have questions or thoughts or ideas.

Sending you lots of heartfelt kindness and gratitude,

*Marilee and Carol*