

L.A.U.G.H -- A Mindfulness Process

For more information, contact: engage@bmyi.org

Or visit www.bmyi.org



Black Male
YOGA INITIATIVE



01. Listen

Listen deeply to the voice of *intuition* aka "inner knowing." Ask, what is happening in my body right now? *Soulful communication* -- is my heart beating fast? Is my breath short? Are my temples pulsing... "Know *thyself*."

02. Accept/Allow:

Allow yourself *space* and *time* to react emotionally, and psychologically. Take a "non-action"- action, like — waiting for 60 seconds, or take a walk to settle down and clear your thoughts. Don't repeat negative thoughts over and over again in your head until you are a raging beast. Observe, release and "let go."

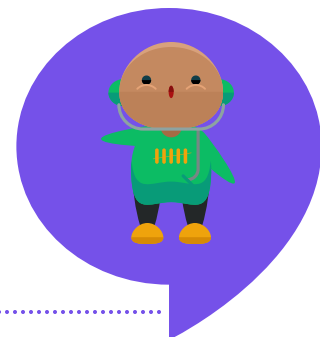


03. Use a Tool

Use one of your *mindfulness tools* to sooth your soul. Understand that it is OK for you to have triggers and unresolved issues. But you are learning to be better. Allow moments to waiver. But use the tool to improve.

04. Go

Go inward to a secret space where your inner child resides. Nurture, feed, and love the part of you that needs it the most. Ask yourself, "What am I getting from having a negative response? *Can I do better?*" Wait for a positive thought to arise and CHOOSE that thought as an alternative.



05. Hallelujah Moment

Have a moment of union with the *Force of life* itself. Life and "living" always supports you! Remember in your "Hallelujah moment" that you are not the creator of yourself. Learn to "witness moments and feelings" as something that happens to you, but is **not** you! Learn to live each moment with peace, until the day comes to rest in it.