

## Practices for Week Four

- Ten minutes of the Breathing Anchor meditation (see page 92; track 2 on the CD), to be carried out on six days out of the next seven.
- Ten minutes of the Compassionate Acceptance meditation (see page 134; track 4 on the CD), to be carried out on six days out of the next seven (ideally at a different time of day from the Breathing Anchor meditation). You can also do extra meditations, such as the Body Scan, immediately before the Compassionate Acceptance meditation to help you settle.
- Analyse your pacing diary and begin to implement your 'baselines' (see page 144 and 147).
- A Habit Releaser: make peace with gravity (see page 154).