

Practices for Week Six

- 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 Open Heart meditation (see page 185; track 6 on the CD), to be carried 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 Open Heart meditation to help settle the mind.
- Continue with your 'baselines' (see pages 170–4).
- A Habit Releaser: stopping to look and listen (see page 194).