

Practices for Week Two

- Ten minutes of the Body Scan meditation (see page 63; track 1 on the CD), to be carried out on six days out of the next seven.
- 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. This should ideally be done at a different time of day to the Body Scan meditation. If you choose, you can also do an extra Body Scan immediately before the Breathing Anchor meditation to help settle your the mind and body.
- A Habit Releaser: watch the sky for a while (see page 100).