

Practices for Week Eight

- 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. You may also like to revisit some of the other meditations that seem especially relevant to you this week.

- Continue pacing with the Three-minute Breathing Space (see pages 215).
- Write a letter to yourself (see page 219).