

Practices for Week Seven

- Ten minutes of Open Heart meditation (see page 185; track 6 on the CD), to be carried out on six days out of the next seven.
- Ten minutes of Connection meditation (see page 205; track 7 on the CD), to be carried out on six days out of the next seven. You can also do extra Body Scans or Breathing Anchors during the week, or any of the other meditations that seem particularly appropriate to you.
- Pacing with the Three-minute Breathing Space meditation to be carried out at least twice a day (see page 215; track 8 on the CD).
- A Habit Releaser: commit some random acts of kindness (see page 217).