

Ex.	Art of	Exercise: What do I do?	Benefit: Why should I do it?	Description: Where is your mind?	Action to Be Taken	Reflection: How do you feel?	Outcome: What did I learn?	Importance of Achieving: Why did I do this?
1	PREPARATION	Positive Self-Talk, Personal Development Affirmation (PDA).	Learn to identify the gap between <i>where you are</i> and <i>where you want to go</i> .	Intentional living requires defining goals with milestones that can be experienced each day. Set your sights on your higher aspirations, define your North Star and establish identifiable waypoints to know you are on the right track and progressing daily.	Reflect deeply and write your PDA.	When you read your PDA, how does your experience of being in your body change? What is the new posture that feels consistent with fulfilling this intention? What interrupts or even prohibits you from making this new posture, your "new standard"?	Set Goal → there can be no focused effort and direction without first anchoring clear personal benefits.	Likelihood of achieving meaningful personal development is enhanced when direction is clear.
2	PREPARATION	Make Silence Your Friend.	Learn to be calm and still, even for a short time; let your critical, judging mind take a rest.	Just as music is made possible by silent spaces between notes, the Universal rhythm played around you can not be heard unless the constant chatter of mental notes can be first observed. Silence is the voice of the Universe.	Practice moments of silence.	When sitting in silence, is there a palpable change, a space created, in your body? How does your body change when tension is released? There is no right answer here; just observe how your body resonates with silence.	Ability to calm mind for short periods → allowing moments of mental space.	Allows moments of mental space to free you, then you can choose your direction vs. solely reacting.
3	PREPARATION	Practice Self Honesty.	Learn to control your words and actions vs. solely reacting due to habit.	<i>Awareness of self</i> requires creation of a self-reflecting mirror that illuminates your words and deeds as <i>others see you</i> . This requires honest self-examination and self-discipline.	Return to silence, then reflect and think before you speak.	When you pause before speaking, notice how the weight of every part of your body changes and now naturally rests underside. Can you feel calm and centered, if only for a moment? This <i>living calmness</i> can become a new felt reference point from which to act; it can be a resource for living intentionally.	Ability to speak with intention → break reactionary response.	By learning to speak intentionally, your thoughts and actions will serve as causal seeds in cultivating more open and honest connection with others. You will be developing a <i>conscious</i> habit to be more mindful of how your behavior affects causally (positively or negatively) others.
4	COMPASSION	Can You Feel the Energy of the Universe?	Learn to <i>extend your awareness</i> outside yourself by turning your <i>mirror</i> ; observe deeply how others respond to the present.	<i>Awareness of others</i> requires that you <i>extend your awareness</i> in space by noticing in detail all things around you; notice the dynamic changes of energy between people; practice simple awareness without conscious projection.	Notice in <i>detail</i> all things around you; notice dynamic changes of energy between people in conversation.	Note what you feel when extending your awareness. Be mindful to include your body as you notice changes around you. Practice becoming aware of what your body knows and is telling you, without words, regarding the changes that are occurring around you at all times.	Ability to notice dynamic changes of energy between two people; practice simple awareness without conscious projection.	You are learning to <i>extend your mind</i> without judgment, thus setting the stage for later development.
5	COMPASSION	Practice Compassion Through Mindful Attention.	Learn to connect with others 100% by offering complete attention to your interactions at each present moment.	Connecting deeply with others requires that you empty yourself of your own agenda in daily interactions. By noticing 100%, you will learn how to give full attention to others.	Focus 100% on others, giving your complete attention without multi-tasking.	Experiment listening to others as if your whole body were acting like a receptive ear drum. What does it feel like in the body when you let go of your agenda and really listen? How does <i>being present</i> deepen and change with continued practice?	Ability to focus 100% on another → deepening connection to others.	You are learning to <i>get out of your own way</i> , thus preparing yourself for deeper, more meaningful connections to everything around you.
6	RESPONSIBILITY	Take a Deep Breath: Introspect Before You Act.	Learn to first <i>interrupt</i> , and then <i>reconfigure</i> the cycle of behavioral influences originating from a lifetime of programmed reactive responses to others.	Authentic intentional action requires that you build upon the practice of <i>noticing</i> . Your aim is to act with purpose. You are ending the cycle of mindless action in daily life. Make peace with and acknowledge all your feelings, embracing them with honesty. Redirect negative energy to more positive outcomes in accord with your PDA.	Elevate your PDA to your highest calling. Acknowledge, and make peace with, all negative feelings and desires, choosing instead healthy alternatives.	Notice how you feel when you interrupt habitual reactions in daily life. Notice how your body releases and softens as you continue to drop negative habits. Notice how you feel more calm and centered (your <i>new standard</i>) right after letting go of a negative reaction.	Ability to make peace with destructive tendencies enables you to change course without blame or shame. Redirect to positive outcomes; break the cycle of negative reactive habits.	You are now truly taking complete control of your life and destiny by breaking free of the hidden obstacles holding you back from living in accord with your PDA.
7	RESPONSIBILITY	Be an Otomo: Empty Yourself and Serve Others Selflessly.	Learn to remove self-imposed obstacles and deepen your connection to/with others.	<i>Selflessness</i> is the condition of being unattached to selfish ego-based needs that arise in the present moment. Selflessness is thus an <i>action verb</i> that can be performed in the service of others in daily life.	Focus 100% upon serving another, paying attention to the need to first <i>anticipate</i> in the moment, and then <i>deliver</i> services needed.	Notice how your body changes when you serve without expectation of recognition or reward. When you are truly engaged in service, what happens to your sense of spatial awareness or the passage of time? When you serve most effectively with clarity and awareness, are you not also centered and moving in accord with your new standard?	Ability to serve selflessly fosters a new level of connection. You are fueling this process by a new habit of redirecting negative attachments toward more positive outcomes.	You are engaged 24/7 being <i>without self</i> . This redirected <i>intentional</i> service precedes deeper <i>non-intentional</i> service that is fueled instead by the actual experience of true connection — selflessness.
8	RELAXATION	Dynamic Breathing.	Learn to <i>taste</i> experientially a qualitatively new kind of experience -- 1st Order Awareness.	Exercises 1 - 7 have now prepared you to experience and enjoy longer periods of planned silence, calmness, and connection.	Practice daily the dynamic breathing exercise starting with comfortable sessions of 8-10 minutes, then increase duration over time.	Dynamic Breathing occurs with the whole body. Notice how you respond to this practice over time. Every session can be experienced as different and new. What changes occur in your whole self when you are truly focused (2nd Order) or when you are experiencing the ground of all intentional, directed experience (1st Order Awareness)?	Ability to experience 2nd Order Awareness in flashes at first, and then over extended periods of time.	You can now apply focused 2nd Order Awareness at home, at work, and at play. Increasing the habit of 2nd Order Awareness lays the groundwork to <i>taste</i> 1st Order Awareness.
9	RELAXATION	Dynamic Meditation.	Learn to experience 1st Order Awareness and call upon these moments of clarity and connection in daily life.	When you empty your mind of needless clutter, you begin to experience directly the pure stage upon which your intentional life has been cast. 1st Order Awareness is a natural state that you can experience. With continued practice, it can also serve as the new foundation for <i>conscious action</i> in daily life.	Practice daily the dynamic meditation exercise starting with comfortable sessions of 8-10 minutes, then increase duration over time.	Dynamic Meditation occurs with the whole body. How does energy shift and flow as you expand and contract your awareness? As you relax much more deeply, how do you feel when you let the practice of expansion and contraction become the same? What happens to your overall sensitivity and awareness when you <i>let go</i> of all relative thinking? Expansion and contraction is purposeful imagery only; they are pedagogical <i>training wheels</i> to help you let go of the habit of directional experience.	Experience 1st Order Awareness so you can call upon this experiential state in daily life.	By practicing regularly, you learn to apply this clarity of consciousness when you need it most — in daily life.
10	CONSCIOUS ACTION	Return to and Presence the World Around You.	Learn to be calm and clear in times of stress.	When you develop conscious habits consistent with 2nd and 1st Order Awareness, you can call upon these states in daily life. You <i>act consciously</i> because your practice is cleaning the <i>dust</i> (mental attachments) that make cloudy the mirror that is your mind. By polishing your mirror, you are able to apply this insight into your daily life, acting in ways consistent with your PDA.	Apply the cultivated feeling/ experience of deep relaxation during times of stress in your daily life.	What happens in the body as you practice calmness in stressful moments? Rather than trying to control bodily reactions, include them as part of your practice of calmness in daily life. Let the growing sense of deep calmness inform you of the possibility of holding intensity and calmness as One. What is it like to embrace (not react to) arising, upper-side sensations ... and invite them to sit along side your growing sense of deep calmness and present connection?	Instead of reacting mindlessly (<i>UN-consciously</i>) in times of stress or fear, you live with purpose (PDA).	You are taking responsibility for your life and thus learning how to choose wisely even when the going gets tough.
11	CONSCIOUS ACTION	Apply Conscious Action in Your Daily Life.	Learn to live selflessly in accord with the limits of your <i>conscious</i> mind.	You are now applying lessons learned having practiced Exercises 1-10 in daily life. Now you are prepared for change not just in times of crisis (Ex. 10) but throughout the day because you are clear about your goals in service to others. You are seeing your life as a whole now, thinking and acting in accord with your highest aspirations (PDA).	Let actions arise from mental clarity consistent with the polished mirror of your <i>conscious</i> mind.	As you practice conscious action throughout the day, what arises in your whole body? How does it feel when old habits (negative behavioral patterns) arise? Include these observations of <i>felt changes</i> in your practice. These reactive patterns, once identified, can become beacons helping you to navigate your practice of <i>conscious</i> and <i>embodied</i> action.	Instead of reacting mindlessly (<i>UN-consciously</i>), throughout the day your speech and action is one with your PDA.	You are now living intentionally in accord with that about which you are <i>consciously</i> aware. This is preparation for awareness of the sub-conscious mind.
12	LIVING NATURALLY	Be In and With Nature.	Learn to <i>witness</i> the on-going teaching that nature and your environment is providing at all times.	By learning to <i>presence</i> the universe around you, you are opening yourself up to greater depths of connection with your deeper self—specifically, your still unnoticed subconscious and unconscious motivations. Without surfacing these hidden attachments and desires (dust), they will remain as <i>unseen</i> and <i>unforeseen</i> obstacles to your personal and spiritual development.	Let go of habitual <i>tunnel vision</i> , especially when observing your connection to nature. Extend and expand your awareness <i>externally</i> .	As you connect more deeply with the natural world around you, internal dust may show itself in the body. Afterall, the body is constantly sustained by an interconnected Universe. What does it feel like when you embrace and illuminate difficult sensations as they arise? As you extend your awareness, how does this insight foster further changes in the felt sense of your whole body?	Ability to experience directly your deep connection to the Universe that supports and sustains your very existence at every present moment.	Experiencing directly your deep connection with the Universe opens the door within; thus revealing your subconscious mind.
13	LIVING NATURALLY	Be In and With All Your Emotions.	Identifying attachments in the subconscious and unconscious mind serves as the gateway for true connection.	Building upon self-honesty (Ex. 3 & 6), coupled with 1st Order calmness, you can now <i>surface</i> previously hidden subconscious and unconscious causal forces that influence you. By extending and expanding your awareness <i>internally</i> , you are now able to shine a light upon heretofore dark areas of your consciousness. Embracing the difficult work of ongoing self-examination serves as the seed, water, and sunshine for your continued journey.	Extend and expand the light of 1st Order Awareness to surface the hidden <i>dust</i> still affecting your speech and actions in daily life.	The whole body is a field within which you can practice illuminating subconscious causal seeds for our actions. As the seeds become transparent and rise to the surface (conscious mind), be open (not resistant and tense). Welcome these experiences no matter how painful. You can only heal and dissolve that which you can first accept and then understand. If palpable resistance arises, then take a breath, re-set, and start anew.	Releasing subconscious attachments allows more positive outcomes; you begin to feel as though you are finally the <i>captain of your ship</i> .	Experiencing directly your deep connection with the internal seeds that cause a perceived <i>disconnection</i> enables you to make friends with your whole self, not just your conscious self.
14	SERVICE	Serve Others in Daily Life.	Experience the joy of Universal connection; you are helping others to be the best they can be.	By experiencing directly your original connection to the Universe Itself, you are also experiencing a <i>natural</i> connection to others. Your actions are motivated by a deep connection to other persons; hence you <i>put yourself in the place of others</i> without conscious attention and effort. You are One with the Universe.	Follow your highest calling.	When serving others without expectation or hope of recognition and reward, how do you feel? What happens when your experience of separation dissolves? When you are non-separate, your actions are motivated by the Universal Connection that is always present. Real training is truly learning how to get out of your own way.	Ability to serve others selflessly without effort or attachment.	Your life becomes a positive vehicle for continuous transformation for the good of yourself, others, and the world.