



THE BACA JOURNEY

the art and science of conscious living

7 Awareness-provoking Experiences to Quiet Your Mind, Deepen Your Attention and Develop Your Inner Connection

Why shouldn't every moment of life feel magical? Science teaches that the physical world is created from an unlimited field of energy containing everything that is possible. Science does not, however, teach you how to manifest from this field of potential. We are providing these experiences as an opportunity to learn more about that. They offer you the chance to do your own "inner research." Approach being an inner researcher as an experiment that can allow you to have fun in discovering more about who you are.

Let's see if there are unused "muscles" coming alive as you begin your adventure.

Are You an Inner Researcher?

These experiences will take you no more than 10-15 minutes. Create time when you will be undisturbed. Allow it to be a space where you give yourself the gift of your undivided attention so that each experience can be an opportunity for discovery. Turn off your TV, cell phone and music. If you are in a public space, select a location where you are away from others where you feel comfortable. For a feeling of security, envision yourself encircled in a white sphere.

Monday: Explore your breath.

1. If you exercise, start your normal workout. With your first set of exercises, hold your breath. Count to 20 while continuing to hold it. For your second set of exercises, pay attention and focus on your breath while exercising. How did your body feel as you reflect on the first set of exercises? What did you notice? How

did your body feel as you reflect on the second set of exercises? Which was easier? Why?

OR

2. If you prefer to explore this a different way, sit quietly in an undisturbed comfortable place and close your eyes. Hold your breath until you no longer can. Before exhaling, scan your body head to toe. How does your body respond to holding your breath? Next, take several breaths to quiet your body once again. Close your eyes and place your attention on your breath. Continue breathing in and out, letting your chest rise and fall naturally. If you feel any intense or tight places in your body, focus on this area as you breathe. Let yourself settle. Thoughts may attempt to take over the quiet. If a thought enters your mind, let it go knowing that you can return to it after your experience. After 10 minutes of quiet, open your eyes and continue with a focus on your breath. What do you notice most about your body feeling? If you scan your body, how do the individual parts feel?

Tuesday: *Changing perspectives...* Choose a painting on your wall and sit holding it. What is the first thing you notice? The second? Third? Now turn it upside down. Ask yourself the same questions. Turn the painting on each side. Repeat the set of questions. Are your answers the same? Has your perspective changed with each shift in the painting's position?

Wednesday: *The world of communication.* How do you communicate? Choose a time when you are in situations with others. Some people prefer to talk; others tend toward listening.

1. If you are someone who likes to talk or to explain things: During the time you spend with others, limit your interactions to listening and then speaking; respond to them only with "yes" or "I will think about that." Afterwards, jot down the response you heard in your mind and didn't say. Do your conversations happen differently than usual? Did you hear everything that was said by each of you? Did anything change in your physical body?
2. If you are someone who listens more than you speak, preferring to plan out your responses to others: During your time with others, respond to them by saying, "You know what? I think..." The rest of that sentence? First thought, best thought. See what happens as you let your energy flow into words. How does your body feel? As you reflect, what did you notice?

Thursday: *Activate your sensing mechanism.*

1. Get out a map. If your paper ones have all been tossed, print one of your local area. Choose someplace new to go. Find the location on the map. Close your eyes and take a few breaths. Now open them. How are you going to get there? Center in your breath as you determine your route. With your body relaxed you can be in touch with yourself for answers to anything.
2. Take a road trip to anyplace you like. Make sure the destination is clear in your mind. Do not focus on going the same way as you have gone in past. Use your breath to keep your body relaxed. As you approach a street light, stop sign or any intersection, ask yourself which way you need to turn. Stay on track and do not undermine the process. Trust is a key factor. What is the result of this adventure? Did you reach your destination? Was there anything new you noticed en route? Try this again going home. The more often you explore this way, the easier it gets and the stronger your sensing mechanism will become.

Friday: *How do you feel about yourself?* Choose a photograph of yourself. As you look at it, imagine you are looking at a picture of your best friend. Take a couple of breaths and let your body relax. How do you feel towards the person in the photo? What attributes can you point out in looking into this picture? What would you want to say to him/to her?

Saturday: *Looking beyond your normal field of vision.* Take a walk through your neighborhood.

1. Take a different route than you normally use. Notice five things you've never seen before. To accomplish this you will need to pay attention to things that are outside of your usual patterns. If you only see what is straight ahead of you, activate your peripheral vision. If you cannot "see the forest for the trees," take in the entirety of what is before you. Breathe it in.
2. Invite someone you trust with your well-being to experiment with you. Have them guide you on a walk while you are blindfolded. Pay attention to your body. Settle into your breath and into a feeling of trust for your guide. With your dominant sense of vision out of the mix, what do your other senses bring to your attention? Notice not only your sense of hearing, smell, touch and taste; pay attention to your kinesthetic sensing. Your feeling body provides you with all sorts of information about your environment.

Sunday: Choices, choices, choices... Choose what you would like to eat. Create a menu for tonight's dinner. The only guide is to pay attention to what you prefer. How do you make choices? Do you automatically put limits on yourself? Do you pay attention to how your body feels and what would feel good to eat?

How committed are you? Are you willing to take time out for yourself every day? Extend this week of inner experiencing to a month, so that you can realize the long-term effect of inner focus.

- *Time out away from the world.* Turn off your devices. Light some candles. Take a walk in nature. Nurture yourself with quiet leisure time, without books, movies or television.
- *Reflect on your day.* Acknowledge your learning about yourself that brought about new awareness. Acknowledge how your day worked.
- *Find a quiet moment of celebrating yourself.* Don't let others intrude on this time. This is your sacred time.
- *Nourish yourself.* Are there peaceful aspects of life that bring you closer to yourself, such as a walk at sunrise or sunset, gazing at the stars or spending time in a setting that nurtures you?
- *Repeat any or all of these experiences.* Notice how your experience changes even as you do the same experiment another time.
- *Pay attention* to all you are learning about that inner, silent world that has been making itself known to you.
- *Experiment!* Experience life and see if there is more you are offered.

Do you want to continue to experience life's adventure? We'd love to hear about your changes. Sharing the journey of exploration can bring you more and more expansion. Let us know the impact of your experiences. Contact us at: info@thebacajourney.com.

We'll be sending you a follow-up link to download *Your Inner Environment: the Feeling Body and the Mental Body* along with some additional life-changing ideas to continue your journey of self-discovery.

If you received this from a friend and would like to receive our newsletter with each week's Friday Focus and announcements of upcoming events, you can [sign up here](#).

We'd love to hear from you!

The Baca Journey. For more information, a growing community, and great resources, visit <http://www.TheBacaJourney.com>

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