

Focus Practice 3: You Attending to & Honouring You

What is the purpose of a Focus Practice?

The intention of a Focus Practice is to develop the “mini-muscles” needed to live in the New Way (NW) of the Minimalist Desert Pioneer.

Which muscles will this practice develop?

This practice focuses on You with You. The intention here is for you to actively and consistently engage in a practice that is dedicated to you being present with you in a particular way. The particular was is to take 20 - 30 minutes each day, during which time you are to fully and completely attend to that which supports and honours you as an already vibrant, wise and complete soul. It is designed to support learning objective #2 which is: *“to be more fully know what are my own essentials in the fray.”*

Examples of how this time might be spent:

- Listening to music fully such that its expression fully touches you
- Dusting your living room in a way that each piece that is moved is touched fully, the table is dusted with care and the pieces are returned feeling the space in and around the piece.
- Sitting in silence, feeling your breath, feeling your body, hearing whatever sounds come and go, seeing whatever sights come and go, feeling thoughts come and go of things... nothing to do but simply, fully and completely be present in ‘what is’
- Preparing a meal in a pace and a way that feels honouring of you, of the space, of the food, of it all. Smelling the smells, feeling the textures, picking things up, and setting them down. Through it all, feeling the fullness of each moment without rushing to the next. Feeling the beginning, middle and end of things.

Examples of how this time shouldn't be spent:

- Completing items on your checklist.
- Doing something so you will ‘improve’, deepen, grow etc.
- Doing something so that you will be prepared.
- Doing something to satisfy someone else.

Daily

Please do this practice 20-30 minutes each day. Please hold this as a vital element within the day, versus being something that occurs outside the realm of the normal day.

Prior to beginning the practice please take a few minutes to ground yourself in the present moment... take a few deep breaths, feel the solid ground beneath your feet... and then begin.

Use the last 5 minutes of this time to respond to the following questions in your coaching journal:

1. In what ways did the Grateful Construction Manager offer criticism, doubt or diminishment of this practice or yourself.
2. What did the Grateful Construction Manager have to let go of today in order to engage in this practice in an honouring way?

Weekly Integration Questions

At the end of each week, please sit down and scan over your previous week's writing and answer the following questions:

1. What patterns of thinking or judgment does the Grateful Construction Manager hold about honouring herself? What would be needed to hold these a little more lightly?
2. What did the Grateful Construction Manager discover about how time goes or stops without her presence? What feels interesting or surprising about that?

Come prepared to make the most of your Group Coaching Call!

What are your key insights about The Way of the Grateful Construction Site Manager? What are you feeling curious about as you begin to develop in the New Way of the Minimalist Desert Pioneer? These are some of the questions we'll explore in our first call together.