

expansion practice

mumshine



active exercise



individual

Expansion practice focuses on opening up (or expanding) yourself up to make room for difficult thoughts, feelings, sensations and urges. The goal is not to like, embrace or change these things - it is just about making space for them. Over time as you improve this practice, you will then be able to rapidly make room for these difficulties and let them flow through you - so you can focus your effort and time on life enriching activities instead of fighting them.

Your goal is to try and do this once a day, breathing through the experience and then making note of it in the below journal template. The score refers to level of struggle with 0 being none 10 being intense and 5 being tolerable.

date + time	minutes duration	score 0-10	music used?	benefits or difficulties
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Do this practice as many times as you can, you may notice at first you need musical aides as you sit with these difficult feelings, thoughts, emotions and sensations and try not to fight them. Over time, this need will likely reduce. What other changes do you notice as you practice this over a number of weeks?