



# **Blue Sky Focusing**

## **ver. e-2.0**

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## **Preparations: Mindful Sitting**

**Notice the weight on both of your sitz bones as you sit. Try shifting your weight left and right and be mindful of the weight felt on your sitz bones. Find a position where your weight is balanced evenly on the left and right sitz bones. Now lean forward and backward and bring your attention to how your weight is felt on your sitz bones. Find a point of balance that feels right for your body. Don't let your mind dictate how to "sit properly".**



## **Preparations: Mindful Breathing**

**Notice the air coming in and going out of your nose. Do not control breathing with your mind. It is air that comes in and goes out. Observe how air goes in and out of your body. Your chest and abdomen area rises when air comes in and falls when air goes out. Be mindful of the "rising and falling". Silently to yourself, say the word "rising" when your chest/abdomen rises, and "falling" when your chest/abdomen is falling.**



## **Preparations: Mindful Hearing**

**Notice the sounds around you. Do not make judgements about them, or make associations from them. Hear them as they are. Become aware that “I am hearing sounds”.**



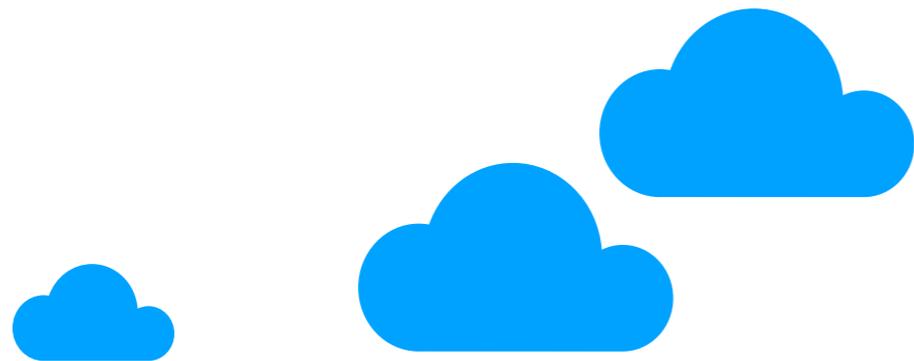
## Sit in Mindfulness

**When a thought comes to you, notice that such a thought has just come to you. Notice the felt sense that this thought brings. How is it felt in the middle of your body, in the throat, chest, abdomen area?**

**Imagine if this felt sense was a cloud in the sky. What would it look like? Visualize the felt sense as a cloud. Being under a cloud, it could start to rain. So rise above this cloud.**

# Rise above the cloud

- **Rise above the cloud and look down at the felt sense cloud. You may notice that there are other clouds as well. They are the clouds of your life. Become aware that “these are clouds of my life” and observe them.**





# Just watch the clouds of your life

You might wonder about the clouds of your life. But don't try to change them or analyze them away. Let them transform themselves. You can just watch them and be filled with wonder, like when we were kids, we would watch the clouds magically transform or drift away, slowly but sometimes quickly. **BECOME THE BLUE SKY** and watch the clouds moving below you.

Tell your partner what you are watching. The partner watches their own Re-experiencing and may share that with you. They may ask questions if they cannot visualize the clouds you are observing. eg. "Can you say more about how big this big cloud is ?"



Look for yourself underneath the clouds, living on the ground. Where are you? What are you doing?

**Send compassion to yourself**

***May I be well and happy. May I be in peace.***