

## Daily Self Care Mentastics®

A basic series to increase aliveness, peace, and pleasure

pause often

repeat activities as needed

rearrange the order as desired

**feel Hook-up,**  
invite it in

**feel weight,**  
whole body and each of its parts, move with the feeling

**feel suspension/lightness,**  
whole body and each of its parts, move with the feeling

**feel fluidity,**  
find all the places that can ripple, wave, swirl or flow

**feel aliveness,**  
find all the places that can shimmer, vibrate, tingle or hum

**feel connection,**  
take out the slack on the surface and throughout the 3-dimensional depth

**feel evenness and balance,**  
right to left, top to bottom, inside to outside, front to back

**feel Hook-up,**  
bask in the glow, let go and enjoy the peace

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