

The PHAT Practice

We feel **F**earful, **A**nxious, & **T**ense when we **F**orget **A**tman **T**emporarily.
To be **F**ully **R**estored to **E**cstatic **E**mbodiment we must
Feel **A**ll **T**ruth. Use this BKH PEACE Practice to guide your journey.

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BODY KARMA HEALING

Physical Presence

Bring all of your awareness to this exact moment. Drop all attempts to rationalize with the mind and come into your body. Be still and take at least 8 mindful breaths. Really **feel** the breath, especially the exhalation. Consciously relax any overt muscle tension especially in your stomach, shoulders and jaw. Notice where you are. Thoroughly connect to what's all around you through the 5 senses. Notice that you are physically safe even though you feel uncomfortable. Affirm the truth of your experience by stating aloud at least 3 times *"I am safe."*

Hear the Heart

Next, place your non-dominant hand on the center of your chest and the other on your lower belly. Close your eyes and connect those points through the breath for a moment. Notice what emotions are present in you. Take a deep breath pausing in the fullness of the inspiration to say aloud, *"I feel."* Release the breath slowly feeling more into the belly. At the end of the exhalation name the strongest emotion. Take one full breath cycle to acknowledge that emotion in both the energy body and physical body. Repeat this process until it feels you have named all emotions that are present right now. Ex-*"I feel...scared, I feel...sad, I feel..."*

Accept & Allow through Ahimsa: Compassionate Awareness

When step two feels complete, release your hands to a natural position and state aloud *"I fully accept my current experience."* Continue breathing mindfully to stay grounded and connected to what's true for you in this moment. Affirm your experience in peaceful ways: write, draw, paint, talk to someone, talk to yourself, express your emotions through movement, etc. Should the mind come in with judgement, or go into thinking mode, repeat the word *"breathe"* 3 times to return to body and soul. Stay with "A" for a bit allowing your inner world to come alive.

Transformation

Staying with "A" through completion heals "The FAT Experience." Remember, yoga is a practice, as is life. There's no auto pilot to peace. Take just 10 minutes each morning with this to create a foundation for freedom. Come back to it whenever you feel unsettled for any reason. Commit again and again to the True Self, to love instead of fear, to embodying the highest consciousness and living your unique life to the fullest. Om Shanti. Om Peace.

