A Daily Mental Hygiene Practice

Brushing the brain, like we brush our teeth, for mental, emotional, and physical health

Beginning with a conscious breathing awareness practice for 2-3 minutes; then briefly checking/observing each part of the wheel of awareness:

• My 5th sense (1 at a time):
  What am I SEEING, HEARING, TASTING, SMELLING, FEELING on my skin?

• My 6th sense:
  What am I feeling in my INNER BODY? (in the area around my heart, around my stomach/intestines, and muscles (interoception, or interior awareness)

• My 7th sense:
  MENTAL ACTIVITIES  What thoughts, memories, feelings/emotions are present right now?

• My 8th sense: How do I FEEL CONNECTED … to myself, other people, activities (the “relational” sense)

“This is the way to keep the brain clear of muck that gets stuck in there.”