

TheCycle™*

Constructive Thinking Suggestions:

Where do I notice a little bit of ease right now?

Where *seems* a little easier right now?

Where else?

Where now?

Where?

I am free to notice ease.

I'm free...

Take a couple of minutes to use one (or more) of the above prompts to invite yourself to notice ease in yourself twice a day (once in the morning, and once some time later) as follows:

- Start by lightly taking hold of your left thumb with your right hand.
- As you do so, say/think to yourself one of the above FOUR times. 1 2 3 4.
- That is, you are asking yourself to notice ease FOUR times.
- NOTE: It's an open question or thought. If nowhere pops up right away, just move to the next number. Asking the question, doing the thinking, and being curious about ease is what matters!
- Move to your left index finger, holding it lightly with your right hand.
- Again, as you do so, go through this process again. Each time being lightly curious about ease.
- Continue moving through the rest of the fingers of your left hand, using your Constructive Thinking FOUR times for each one.
- Switch hands and start the same process to cycle through the fingers of the other hand.
- When you are done, you will have taken time to be curious about ease 40 times. 😊
- Take the time to notice how you feel. Compare how you feel now to before you started TheCycle.

REMINDERS & TIPS:

- Ease is relative. We are not looking for perfection. Indeed, you are giving yourself freedom or permission to notice ease – even a tiny bit – anywhere.
- “Ease” typically does not feel special – it feels normal. It's what usually goes unnoticed. We're not looking for some especially relaxed state. Rather, we are taking the time to notice the places that are not “shouting” at us.
- You do not have to come up with 40 different places! **You do not even have to come up with any!** It's asking the question, thinking the thought, being open and curious each time that is important.
- Without going through the whole cycle, you can also use any one of the above *Constructive Thinking* suggestions – e.g. “I am free to notice ease” – at any other time you remember. It's a simple way to shift your attention in the moment.
- Remember to use “lightness of thought.” This is NOT something to concentrate on or force. Think of the thoughts as little whispers of possibility to yourself. You are just being curious about the possibility of ease!
- You can imagine each thought/question to be like a pebble that you drop into a pond. Once you've let it go, you are not responsible for the ripples - they happen anyway.
- Also think of these thoughts/questions as messages you are sending *out* into the world as a gentle whisper, rather than directing them inward.

* TheCycle™ was developed by Alexander Technique teacher Mio Morales as a way to systematically practice and explore thinking constructively (sometimes known as “directing”) in a way that improves your “use” (the quality with which you *use* your body and your mind) over time, and provides a foundation for being able to apply and integrate this skill into your life to help you in any situation.