



Move Forward

Cultivating Gratitude, Excitement and Devotion

Sam Harris, in his *Waking Up: Meditation & Wisdom* app refers to "Clear Comprehension" in his discussion of mindfulness as "the capability of understanding what you are going through."

I developed "**Move Forward**" to help you comprehend this process in terms of how Gratitude, Excitement and Devotion can help in the preparation, execution and completion of dealing effectively with a challenge.

I hope that you will choose to build on this comprehension and be mindful of how you might employ this process along with three very important styles of breathing and make it your own in your efforts to deal with challenges.

Gratitude

Gratitude is an uplifting emotion that can provide the awareness, confidence and focus to prepare: it enables one to face an extreme challenge and Move Forward.

Reflection: Master Essential Breathing and GO Deep!

Excitement

Excitement is a positive emotion that can provide the acceptance, the joy and the passion needed to get the job done and Move Forward.

Reflection: Master Performance Breathing for added strength, power and accuracy.

Devotion

Devotion is the commitment that can provide the discipline, balance and mental strength needed to accept feedback and Move Forward.

Reflection: Master Breath-holds for added mood, endurance, recovery.

