

## Move # 1 –Quieting the Heart—Basic Practice

Recommended Sequence:

- Complete questionnaire **before** practice
- Watch Li Jing video (~2 minutes)
- Watch Brother David Steindl-Rast video (Stop Look Go) ~ 2 minutes)
- Practice Image of Moon on Silent Lake
- Complete reading text of Move #1.
- See if you would adjust your answers **after** you practice for 5 minutes

### Questionnaire

#### Deep relaxation

**Loose and agile (the key to relaxation!)**

0.....1.....2.....3.....4.....5

**Open-Hearted**

0.....1.....2.....3.....4.....5

**No stress, no worries**

0.....1.....2.....3.....4.....5

**Flowing**

0.....1.....2.....3.....4.....5

**Connected**

0.....1.....2.....3.....4.....5

**Vital Spiraling Energy or Life Force**

0.....1.....2.....3.....4.....5

**Mentally alive and alert**

0.....1.....2.....3.....4.....5

**Balanced (emotionally and energetically)**

0.....1.....2.....3.....4.....5

**Loving**

0.....1.....2.....3.....4.....5

**Resilient**

0.....1.....2.....3.....4.....5

**Confident**

0.....1.....2.....3.....4.....5

**Courageous**

0.....1.....2.....3.....4.....5

**Timeless**

0.....1.....2.....3.....4.....5

**Befriending Uncertainty**

0.....1.....2.....3.....4.....5

**Grateful**

0.....1.....2.....3.....4.....5