

The Art of Tracking

Tracking = develops an embodied awareness of your present moment reality

Infuse Joy in what ever is moving now. Whilst excepting everything is all good.

Watch what's moving whilst feeling it.

(it includes being the observer but moves through that) you also feel what feeling now.

Grounded and big picture together = the result of this is embodied awareness.

If you track well, you have the key to joy in any moment that you wish to.

What you are really tracking is your resistant to fulling letting the moment be OK

- 1.Content - emotional, whats there, physical pain, feelings, things in room, what's going on. The story!
The experience
- 2.Your relationship to the experience - tracking judgements, opinions, bad, wrong, (speaking to judgement around the content) this is the deepest truth that you are capable of.
3. Relationship Tracking. Is the art of noticing what's going on for you, spoken with presence and truthfulness.

If you speak your truth about the judgements you increase intimacy

most people aren't aware how in judgement they are about what's moving.

- We can only be unconditionally loving by owning and realising how conditionally un-loving and judging we are.

Start with this preconception. You are running judgements ALL the time. About everyone and everything.

To really be knowledgable, we own the fact that we know nothing.

Own the fact that you are not letting love in and love can come in, in that moment.

- if it doesn't feel good you are not tracking. Thats how you know. When you are not feeling light, relief, joy
You speak about the present and bring presence.

Whats moving and your relationship to what's moving.

**Credit to this practice, Christian Pankhurst,
Founder of Heart IQ**

