



**BMH ONE WORD MANTRA DAILY PRACTICE**

<b>Body Feels</b>	<b>Mind thinks</b>	<b>Heart is</b>
Calm	Clearly	Open
Energized	Sharp	Full
Cool	Solutions	Light
Relaxed	Determination	Bursting
Light	Focus	Grateful
Stiff	Scattered	Joyful
Hot	Problems	Hurting
Full	Rumination	Wounded
Tense	Deeply	Closed
Tender	Analytical	Heavy

