



Review and Refine 4

You've made your way through three big sections of your self-improvement project. You know your way to home, sweet home. You're grounded, and you're spreading your wings! It's time to pause, reflect, and set your next practice intention. You're helping that learning and awareness form stronger connections within your brain, nervous system, and every part of you. It's all adding up to move you to your THERE.

Revisit Your Be THERE Now Declaration

Speaking of THERE, take a look at your declaration. You've made a lot of progress towards getting THERE. What are you noticing when you go THERE now in your imagination? Is the experience getting richer? With more details? Adjust your declaration as needed to reflect your enhanced understanding of being THERE. (By the way, *Being There*, starring Peter Sellers is one of my favorite comedy movies. I highly recommend it!)

Self-Check

You're committed to lifelong learning. So, here's another short cumulative quiz to support your process.

Choose the best response. You'll find the answers at the very end of this section.

1. An example of an intrinsic muscle is the:
 - a. Dorsal interosseus
 - b. Flexor digitorum profundus
 - c. Flexor pollicis longus
 - d. Gastrocnemius

2. Features of the relaxed, position of function of the hand include all of the following EXCEPT:
 - a. The fingers are straight
 - b. The palm is flat
 - c. The wrist is neutral, neither flexed nor extended
 - d. Both a and b

3. The structure on the medial side of the hand/wrist is the:
 - a. Anatomical snuffbox
 - b. Distal radius
 - c. Pisiform
 - d. Third metacarpal

4. The biceps brachii acts to:
 - a. Bend the elbow
 - b. Supinate the forearm
 - c. Turn the palm down
 - d. Both a and b

5. Which statement is FALSE?
 - a. There are the same number of carpals as tarsals
 - b. There are the same number of metacarpals as metatarsals
 - c. There are the same number of phalanges in the hand as in the foot
 - d. All of the above

6. The order of the sections of vertebrae of the spine from top/superior to bottom/inferior is:
 - a. Cervical, scapulothoracic, lumbar, sacrum, coccyx
 - b. Cervical, thoracic, lumbar, sacrum, coccyx
 - c. Coccyx, sacrum, lumbar, thoracic, cervical
 - d. Pelvic, lumbar, thoracic, clavicular, cervical

7. The combined movements when the ankle turns outward and the foot flattens or arches less are:
- a. Eversion-pronation
 - b. Eversion-supination
 - c. Inversion-pronation
 - d. Inversion-supination
8. The location of the center of gravity in standing is similar to the position of the energy center known in Eastern traditions as the:
- a. Heart chakra
 - b. Lower dantian
 - c. Middle dantian
 - d. Root chakra

Top Three Insights

Reflect on this chapter in which you shifted your attention to understanding more about your upper extremities. Yes, you learned, or maybe reviewed, a good bit of skeletal and muscular structure and function. More importantly, what new or deeper understandings do you have about yourself and the process of relieving your pain and expanding your ease? Write down your top three insights.

1

2

3

Self-Observation

You likely identified some strong preferences with these awareness explorations focused on your upper extremities. The most obvious is which hand you would rather use for most activities. Strong preferences, or deep attractors in the lingo, can be like hard to get out of wells. If not so strong, these habits could be more like gently rolling depressions in an otherwise flat lawn or field. You can move from one dip to another with little effort. Maybe you've noticed the influence of your preferences on other aspects of yourself and other areas of your life.

Pay attention to your preferences during the next week. Are any of these feeding into your pain? I imagine you would prefer to shift to another mode of action that would create ease, relieve your pain, or even feel good!

Are these preferences showing up in one or more of the different pain categories?

D = daily activities pain

F = financial pain

R = relationship pain

S = sports, leisure activities and recreation pain

W = work, business, and school pain

Are you getting better at calling on your awareness explorations when your priority pain or other annoyances ask for attention? I bet you are. Keep track of your observations and insights here.

Practice Plan

Options! You have more and more options! What are your practice priorities for the next week? How long? How often? Remember, you can go short and frequent, long and deep, and some of both. Learning loves variety.

Set your intention and know you can adjust and course correct to reach your goal. That's what you did as a young one learning to grasp your favorite stuffed or living animal. You're still doing it.

Use these six elements to make this week's plan.

- **Frequency:** decide and mark which day or days of the week you will practice one or more activity. Commit to at least one activity on most days, if not every day. Make it work for you. I've left the frequency days blank for you to label, so you can start your plan with any day of the week as your day 1.
- **Mode:** select the activity you will practice on each day you selected.
- **Intensity:** choose how many repetitions of an activity you plan to do. Think of this as **how many times a day**, not the number you will do in each practice session.
- **Duration:** set the approximate amount of time you want to allow yourself to do each repetition (intensity). I suggest up to two minutes, about five minutes, and around ten minutes.

- **When:** identify the time(s) of day or situation(s) you plan to practice each activity.
- **Where:** pick the location(s) for your practice session. This could simply be home, work, commute, play.

Here's the updated list of mode options.

Number	Awareness Exploration	My Abbreviation	Your Abbreviation
1	Get Your Bearings	GYB	
2	Breathe and Notice Variation 1: Scan Your Breathing Variation 2: Breathe and Know	B&N V1S B&N V2K	
3	First Impressions	FI	
4	Connect With Your Core	CWYC	
5	Core Moves, Arms Move	CMAM	
6	Move Your Extremities Without Moving (From) Your Extremities	MYE	
7	Stir the (Hip) Pot	SHP	
8	Frog Legs	FL	
9	Shoulder Time	ST	
10	Wring, Roll, Reach	WRR	

Set your practice intention for the next seven days.

Frequency	Mode	Intensity	Duration	When	Where

Your practice adds up. Keep reaching for your goal! Remember why you're doing this by regularly reading or watching your *Be THERE Now Declaration*. Date and sign on the I COMMIT line.

FOR THE NEXT SEVEN DAYS, I COMMIT to the process of shifting my pain paradigm and taking the daily small steps that relieve my pain and move me from
HERE to THERE.

Date

Signature

Appreciate yourself each time you do these Review and Refine activities, and deliberately and attentively practice these awareness explorations! You're tuning up your awareness and expanding your adaptability. You're getting better and better at recognizing what you are truly doing. You're considering if that's what's best for you. You're choosing options and next steps that are more likely to bring you greater ease, comfort, and satisfaction than what you're doing now. You're moving toward your THERE.

In the next chapter, you'll be attending to your whole self in ways that will improve your balance and widen out your view. Meanwhile, enjoy this time to spread your wings and soar higher with what you're learning. And have fun decorating your four stars!



Self-Check Answers

1. a, 2. d, 3. c, 4. d, 5. a, 6. b, 7.a, 8. b