

Daily Life Review Practice

The Daily Life Review Practice was introduced to me by my son's 1st grade teacher at the Waldorf School in Santa Cruz. This is a process that Rudolf Steiner recommended. Steiner founded the Waldorf Education system in 1919.

Each evening before going to bed, sit in meditation and take stock of your entire day—what happened, how you affected others, how others affected you and how you felt throughout the day. If you have negatively affected someone, or if you were negatively affected, take some deep cleansing breaths and recall it, and then let it go. This process is similar to a life review; however, since you do it daily—there's not a vast amount of details to go over, because you're recognizing what your day held and clearing it, energetically, every day.

Let's say that you have a phenomenal day, and as you are recounting all of the wonderful things, you remember that there was something that had upset you, so you go back to that moment in time and in doing this, you're able to clear any charge by bringing it into a state of peace and harmony.

Last night as I was in meditation, I put my left hand over my heart and my right hand over my belly. As I took in each breath, I recounted my day. I'd been in Oregon spending time with my family for Christmas. I went over how the morning had gone in preparation for my departure, the photographs we took, our goodbyes, and our drive back to California. As I recalled my time and the events to myself, it's as if the day was more ingrained into my memory. It gave me a second chance to look at what had transpired throughout the day, and anything that would have felt uncomfortable or held a negative electrical charge, had now dissipated.

Simple practice instructions: Either sit up or lie down in bed. Place one hand on your heart and the other on your belly. Close your eyes. Take some deep breaths, inhale through your nose and exhale through your mouth. Settle your body so you can relax. Envision your day: who you spoke to, who you met, check in to see what affected you today, ask yourself how did you respond, ask yourself how did you feel. Now review how you affected others today. If there was any strife or disagreement, make mental amends. Breathe deeply to let anything and everything go. Your mind will be clear, and your heart will be open. Give thanks for the blessing of the day. If you wish, in my practice, I also request that I remember my dreams and the purpose for which I am dreaming them. This practice is a wonderful one to go deeper into what your subconscious mind wants you to know. With these practices, you will become more present and aware.

It is also a wonderful time to remember to give thanks for every aspect of your life, whether it be positive or negative, peaceful or traumatic. This practice will bring peace and harmony, as well as deepen your connection to yourself and to others.

Here's to a rich and present daily practice.



BEHIND BARRS