

## Mini's

A mini is a tiny (micro-dose) practice that can have a large impact. It takes 4 min.

### How does it help?

Healing starts with feeling, and all too often we are resistant to really fully feeling our feelings.

- A mini is a tiny practice of feeling you do with a friend.
- If someone is struggling, often just giving them a chance to really feel their feelings will help shift things.
- A Mini is basically “4 Minutes to Feel” – how can you say no?

### Basics for the Giver:

- I'm going to set a timer for 4 minutes and when you're ready we'll start.
- Then I'm going just “be with you” as present as possible, holding you in as much love as I can while you Mini.
- When there's one minute left, I'll say “One minute”.
- At the end, I'll ask you an “Out Question” to help you shift Out of the feelings. (more on that below)
- (Pro Tip: You don't speak during the Mini but you can make “authentic sounds of love and caring”. So someone might be breathing heavy as they feel things or crying, and you can say “mmm” or “awww” or “yeahhh” in the most loving way you can access.)

### Basics for the Receiver:

- Let the other person know when you're ready to start.
- Once you start, your only job is to remember that you have 4 minutes to feel.
- Just go inside. Notice. What do I feel in here? How much can I really just drop into feeling this?
- (Pro Tip: Remember that you have zero obligation to the other person for this 4 minutes – no need to talk, say anything, make eye contact, nothing. This is YOUR 4 minutes.)
- Even if you go inside and you feel numb, just feel the numbness as deeply as you can. Often things can shift once we feel them. Follow the experience wherever it takes you.

### At the end of 4 minutes, the Giver says:

- “Time is up. Would you like an extra minute?” (Receiver's choice)

Finally the Giver offers the Out Question: (Out Questions can be absolutely anything that is not related to the feelings and brings the person back into this 3D reality, like...)

- What did you have for breakfast?
- How many rolls of toilet paper do you have at home?
- How many pounds do you think the average dick weighs?
- Whatever! Make it funny or not, it doesn't matter. The question will just bring the Receiver “out” of the feeling space and back into present reality.

That's it! Honestly, this practice is magic. And sooo simple. Try it! Do it regularly with friends!

With love, Alon.