

The All-or-Nothing Log

Catching the grip, and finding the gentle middle.

Your body tends to grip everything or hold nothing. The middle, just enough, is the setting we are looking for. Just notice it for now.

Places I tend to grip or brace:

My noticing log

What I was doing	Grip / floppy / some middle?	What helped me soften

THE MIDDLE IS THE SKILL

Finding just enough effort is the whole practice. It comes slowly, with noticing, and one day it simply starts happening on its own.