



Mini Meditations

A Mindful Stance

Seated
Facing forward
Feet on the floor
Back upright, but not stiff
Shoulders relaxed
Soft belly
Mouth closed, breathe through the nose
Eyes closed or focused downwards toward your lap.
Palms face down on each thigh - for **slowing down**
Palms facing up on each thigh - for **receiving energy**
Palms facing up over top one another with thumbs gently touching resting your hands
on your inner thighs - for **centeredness**

[This can be done on the ground cross-legged.
A small pillow underneath your sitting bones can alleviate lower back pain]

One Simple Breath

Working from your diaphragm, take a big breath in
Let it go
Now take 8 breaths at your own pace, naturally.
Notice where your breath travels throughout your body.

**Now take one breath in and hold it for 3 seconds.
Exhale slowly until your lower belly is completely empty.**

Repeat holding and releasing your breath until you feel your heart regulate.

Body Scan

Bring awareness to each part of your body
starting from the earth to the top of your crown.
Track your breath like a liquid passing through as you scan:

bottoms of your feet
toes
shins
knees
back of thighs
sitting bones
belly
lower spine
shoulders
neck
arms
hands
fingers
mouth
nose
eyes
crown of your head

Past Present Future

With eyes closed breath in and out from your belly
Take 8 slow breaths and notice your thoughts
Now open your eyes
Were your thoughts about something that has already happened?
Were your thoughts about something that will happen later?
Or were your thoughts just on your breath in this present moment?

This is where you want to be.

Repeat again trying to get closer to your present moment and breath.
When your mind wanders in thought, simply acknowledge the thought without
judgement, and gently turn your attention back to your breath.

Refill and Spill Kind Thoughts

Eyes closed.

Picture someone who makes you feel sad/angry/uncomfortable
Notice what it does to your body.

Now replace that image with someone who brings you joy/comfort/peace.

Notice your body and breath.

Now send kind thoughts to all:

May you be healthy

May you find joy

May you feel peace

Square Breathing

You are going to trace a square with your breath.

Breathe **IN** for 4 counts
(trace one side of your square)

HOLD your breath for 4 counts
(Trace the top of your square)

Breathe **OUT** for 4 counts
(Trace the other side of your square)

HOLD breath for 4 counts
(Trace the bottom of your square)

Repeat exercise five times

Slow Motion

Raise your hand and then lower it down.
Now raise your hand in super slow motion
This should take at least 20 seconds
Lower your hand the same slow way

What did you notice?

Try the same with getting up from a chair and then sitting back down.

Can you regulate your body's temperature?
Can you slow your heart rate?
Can you calm your physical state?

Meditate on-the-go:

Before trial
Client deposition prep
Still trembling hands
Slow quickened heart rate
Energize your spirit
Instill confidence
Reduce anxiety
Strengthen your focus
Overcome innate bias
Expand your compassion
Increase your awareness
Establish inner peace

You can create your own **walking meditation** in time as well.

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