

3-minute meditation

Sit in a comfortable and dignified position. Place the soles of your feet on the ground and straighten your back. Try to stay relaxed as well as you can.

Start by taking a few deep breaths. Breathe in through the nose and slowly out through the mouth. Allow yourself to be here now. Try to let everything else wait for a moment.

With the next outbreath, you can close your eyes if you have not already done so. Then, breathe naturally. You do not have to breathe deeply, slowly, or in any other specific way. Just breathe.

Notice how your chest and belly move up and down with the breath. Let your awareness rest in this movement for a while.

With the next outbreath, let your awareness move from the breath into your body. Notice what it feels like to sit right here, right now. Notice the feeling of weight of your body. Notice where your body touches something – your feet on the ground, maybe your calves, thighs, buttocks, and back against the chair. Maybe your hands in your lap.

When you feel like you are ready, you can open your eyes and allow your awareness to move from your body into the space around you. And finally, focus your awareness to whatever you are about to do next.

YouTube video of the exercise

<https://youtu.be/P4aVhs1IaCM>



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