

BUILDING OUR BUNDLE

WEEK 1 MINDFULNESS PRACTICE: GUIDED MEDITATION

Mindfulness is a great skill to help us regulate our emotions and thoughts and to help keep ourselves in the present moment. Take a few moments to read through this mindfulness exercise. Try to focus your attention on the present moment without judgement. When distracting thoughts or feelings come up, just notice them and let them pass, returning to the present moment again.

Let's start by taking a few deep breaths. In through your nose and out through your mouth. Feel the air enter through your body and fill every aspect of you. Just breathe at a pace that feels good to you.

Let's bring our attention to our physical body. Feel the air enter through your nose and flow through your chest. Notice the slight rise and fall of your midsection as your body fills with air and releases. Notice how the energy of your breath feels in your body. Let the energy flow from your center, to your arms, and out of your finger tips. Down your legs, to your toes. Up through your chest, your shoulders, your neck, and face. Let the energy of your breath flow wherever it needs to go right now in this moment.

Just breathe.

Now that we are grounded in this moment, let's extend an invitation to communicate and check-in with the different aspects of ourselves.

We'll start with the physical self: Feel your body as it is in space. No need to think or judge how it feels, just feel the entirety of your body for a moment.

Next, let's pay attention to our emotional selves: What are we feeling in this moment? Perhaps we feel a little awkward or silly doing this activity. Maybe we are feeling anxiety or excitement.. Don't worry on whether your feelings are good or bad; all feelings are valid. Just notice what they are and let them go.

Let's check in with the mental self. Notice what thoughts are coming up as we stay in this moment. Let the thoughts come and go, not lingering on any too long. Return to your breathe and feel how your mind is doing today. No good or bad; just being.

Now, let's check-in with our spiritual self. Returning to the breath, see if we can just quiet our thoughts and feelings for a moment. Listen to your inner voice, your inner wisdom, your spirit that guides you along this journey of life, and connects you to your ancestors. Imagine what your spirit looks like or feels like inside your body. What is your spirit telling you today?

We'll take a few more energizing breaths here to nourish our body, nourish our heart, nourish our mind, and nourish our spirit.



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