



Here is a 5-minute meditation which can help with a stressful day! Try it! It works!

Keep in mind...

Breathing is the most important thing that we do, it is keeping you alive, yet most of us do not notice our breath all day, and some for several years. It is so crucial to our physical and mental health to oxygenate our bodies fully and consciously.

Benefits of mindfulness include:

- Increase your learning and memory retention
- Put a stop to reoccurring pessimistic thinking
- Building your mind's mental capacity, focus and accuracy
- Reduce negative emotions through awareness
- Create fulfilling relationships
- Manage stress and eliminate anxiety
- Taps into your creative side, putting you in control

Set aside 5 minutes...

All that you need to do is relax, breathe, and follow this.

Now...just let it be and let go!

Let's Begin...

Get into a very comfortable position and make sure you will not be disturbed.

To start with...please bring your awareness to:

- How you are feeling in your body, your mind. What is going on?
- Are you feeling positive, negative or do you just not know?

Take 5 full breaths....

On the first breath.....Inhale fully and take in positive energy. Exhale by just letting go of your breath, into a state of relaxation

Next breath – Inhale goodness and exhale into relaxation

Now for your 3rd breath...Inhale acceptance and exhale any judgement

4th one – Inhale health and clarity and exhale into serenity

Last one! Fully inhale desire and achievement and exhale into complete relaxation and LET GO of all concerns from your daily life.



Now...

Think about.... How are you feeling? Feel your body and feel the space around you. Notice how the space around you hugs to your shape.

Keep breathing in an out....

Notice the feeling of your weight pressing down and see if you can feel the earth below you as if it is pressing up and supporting you.

Now, become aware of the very top of your head and put all of your focus there, noticing any sensations you have there...now, moving down focus on your eyes and feel how they feel and notice the tiny movements they are making.

These movements will relax you further.

Now feel your nose and feel the air passing in and out as you breathe. Noticing now your mouth and taking down the awareness to your neck and if you notice any tension, just ask it to release. Notice the sensations in your body and that it is making you very relaxed and comfortable.

Become aware of your chest and lungs expanding and contracting with your breath. Perhaps you can feel and hear your heart beating and pumping with love.

Now send the focus to your arms, all the way down to each fingertip, feel the sensations. Focus now on your abdomen and all of your vital organs – notice how your belly feels and how it is digesting. Notice your pelvis and hips and the sensations of your weight pressing down. This takes you into a deeper state of relaxation.

Your awareness now should go down each leg, over your knees and down all the way to your feet and to each toe

You are done!

Awesome! you have become aware of every part of your body. This is meditative.

Try to take 5 minutes each day for you to practice this. It will get easier and you will feel so much better!

When you cannot take 5 quiet minutes, just take a minute or so to do some deep belly breaths to let go of anything bothering you.