



MINDFULNESS EXERCISES

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I. JUST TEN SECONDS TEETH-BRUSHING MEDITATION



Time: 10 seconds or longer

Who pays attention to brushing their teeth? Normally we're on automatic pilot as we do this, grinding down our gums as we mentally rehearse our day. In this sense, tooth brushing is terra incognita. So, see if you can slow the whole activity right down: squeezing the toothpaste, the first contact of the brush on your teeth, the rhythmic flexion of the bristles on your teeth. How much detail can you feel? How into it can you get?

SHOWER MEDITATION



Time: 10 seconds or longer

Next time you take a shower, shift your attention to the warm water flowing over your body. Can you experience the water as a massage? Zoom in on the little pressure changes and on the individual streams against your skin. Stay with exactly what's happening; try not to get lost in a daydream. Now, this is already a good meditation, but I like to add an extra something to test my openness. I'll start by noticing the receptiveness of my body to the warm water – pores open, body relaxed. Then I'll switch the water to cold and see if I can maintain the same open attitude. Not bracing or rigid, but letting the cold flow into and through me. As with cold water, so with life. How long can you keep your composure? This is a form of equanimity training and it's helpful for managing discomfort of all kind.

WALKING MEDITATION



Time: 10 seconds or longer

This is a meditation that focuses on the auditory aspect of walking. I do it all the time, because apparently, I'm a weirdo! The next time you're walking anywhere – inside or out – notice sounds. Notice the rise and fall of voices or the distant hum of traffic. You are deliberately shifting attention away from the inner world of thoughts and feelings towards the outer world of sound. Try not to get too caught up in identifying what's making the sounds. You don't need to know what you're hearing, only that you're hearing. When you get distracted by sights, sensations and thoughts, notice this for as long as you can, then move back into your walking mode.

<https://www.coachmag.co.uk/mental-health/7879/three-mindfulness-exercises-that-take-just-ten-seconds>

II. MEDIATION MEDIATOR MEDITATIONS SIMPLY FOCUS ON YOUR BREATHING:

Try inhaling for a count of six and exhale for six. Notice that you will fall into a rhythm –runners do it very naturally.

Or

Inhale for four and exhale for six. It is another way of keeping your mind engaged on what you are doing right now.

PRACTICE GRATITUDE



This can be done at any time, but it is especially useful when you are feeling down or angry about something in particular or annoyed that something is unfair. Practicing gratitude is a really good way of bringing you out of those negative feelings, because there is always something for which you can be grateful.

It will be very different for different people. It could simply be that you are well enough to stand and make a cup of coffee, or that you have lovely friends. It does not have to be something major, but you will instantly feel better.

I am not saying forget or push away why you are angry, upset or sad – they are equally important feelings – but it is good to recognize both because sometimes our minds pull us towards the negative things. It is a tendency many people have – to dwell on the same conversations or arguments – so breaking that habit to practice gratitude is a good way to level things out.

<https://www.coachmag.co.uk/health/5205/three-mindfulness-exercises-to-try-on-the-way-to-work>

SOME AFFIRMATIONS YOU MIGHT FIND USEFUL:

- **I trust... All is Well.**
- **Love and Gratitude to the people who allow me to share myself and my work with them.**
- **I want love, peace, joy and happiness for those in my life and those of my life.**

IV. LISTENING IS A WIN/WIN

MINDFUL LISTENING EXERCISE (3 MINUTES)

Sit for a few minutes without music, tv or other distraction. Settle into your body and connect to the various parts by acknowledging them just with your attention to the various parts. Breathe in and out in a slow rhythmic fashion. If you are familiar with yogic breathing do that or breathe with the tip of your nose as your focus point. Listen for non-man-made sounds. Do not get involved with the sound, just acknowledge the sound, e.g., a clock ticking, a refrigerator, fan or air system humming. Try this for just another 2 or three minutes then take a deep breath, and return to a state of rest, without focusing on a sound. Ask yourself: “What did I hear?”

This exercise can be done periodically and, depending on the environment, choose another sound on which you will focus. Identify the sound, then the variations in the sound, e.g., volume, rhythm, or commonality to something else. Many ordinary sounds are “songs” in disguise. See if you can identify a song in a particular sound. Choose a different sound each time you do the exercise. Try it outside in a park, your patio or a public eating place. You will be fascinated by all that you have missed.

Frequent participation in this meditation will make you acutely aware of what is happening outside of you at any moment. It has the potential to condition you to pause, slow down, be patient and to listen attentively.

MINDFUL LISTENING IN MEDIATION



Listening

Put aside your physical distractions (e.g. cell phone, computer, IPAD, etc.).

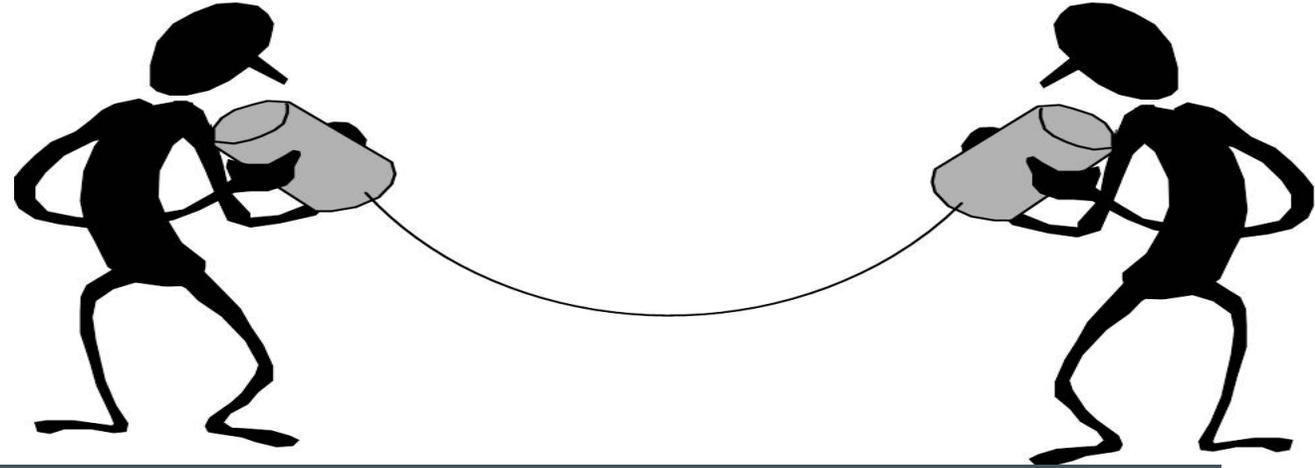
Be honest with yourself. If you aren't able to focus at one moment, pick another time to have the mediation.

Notice when your mind wanders and direct your attention back to the speaker.

Listen to your intuition by noticing your feelings, thoughts, and body sensations as they arise.

Pay attention to the clues beyond the words (e.g. speaker's tone and body language).

MINDFUL LISTENING (CONTINUING)



What did their laughter sound like? When was there laughter? Tears?

Listen with a willingness to understand the other person's point of view.

Set an intention to listen mindfully.

Paraphrase back what you heard to clarify if it is what the speaker meant.

Take a mindful breath before responding. Pausing works to your advantage.

Be patient and don't jump to conclusions.

Ask open-ended questions to encourage dialogue. (Please limit your questions.)

Let the other person share their full thoughts rather than finishing his or her sentences.