

### **Mini Mindfulness Meditation**

I want you to make yourself comfortable. Allow your eyes to close gently. The intention of this visualization is not to feel any different, relaxed, or calm; this may happen or it may not.

Take a few moments to get in touch with the movement of your breath.....  
... On each outbreath, allow yourself to let go, to sink a little deeper into your chair.....

Then I want you to become aware, really aware, of what is going on with you right now. Become aware of what is going through your mind; what thoughts are going around? Here, as best you can, just note the thoughts as mental events.... So we note them, and then we note the feelings that are around at the moment ... in particular, we are allowing unpleasant as well as pleasant feelings. So rather than shutting a side of us away we will acknowledge all our feelings. We can say, "Ah, it's OK, that's how it is right now." .....

Then when you are ready, on an in breath, feel or imagine your breath entering the lungs, and then passing down the left side of your body, past the shoulders, into the chest and abdomen, into the hips, thighs, calves and then down to the left foot, and out to the toes of the left foot. Then, on the outbreath, feel or imagine the breath coming all the way back up, through the toes, out of the foot, into the calves, up past the thighs, up through the abdomen, the chest, past the shoulders and neck until it comes out through the nose. As best you can, continue this for a few breaths, breathing down into the toes, and back out from the toes.....

Next on again an in breath, feel or imagine the breath entering the lungs, and then passing down the right side of your body, past the shoulders, into the chest and abdomen, into the hips, thighs, calves and then down to the right foot, and out to the toes of the right foot. Then, on an outbreath, feel or imagine the breath coming all the way back up, through the toes, out of the foot, into the calves, up past the thighs, up through the abdomen, the chest, past the shoulders and neck until it comes out through the nose. As best you can, continue this for a few breaths, breathing down into the toes, and back out from the toes.....

Now I want you to expand your awareness to your whole body... and the sensations in your body. The intention is now to, as best you can, bring awareness to any sensations you detect, as you focus your attention on each part of your body in turn..... As you do so, notice are there sensations of tension, or holding on, including any tightness or relating to the shoulders, neck, back, or face or anywhere else? Be aware of them. Note them. Say that's OK, that's how it is right  
After you have "scanned" the body in this way, spend a few minutes being aware of a Sense of your body as a whole, and of the breath flowing freely in and out of your body.... Follow the breath as if your whole body is now breathing.....

Then collect your awareness to focus back on your chair and your presence in the room, allow your eyes to open and rejoin us.