

3-minute practice transcript

This short guided mindfulness practice is intended to support you in regrounding at any point throughout your day. You can do this practice in any position you find yourself in.

We start by noticing the breath. Notice the sensation of the breath as it enters your body, moves down your throat, and expands your chest. not manipulating the breath, simply noticing the sensations of the air on the inhale. We can also notice the sensations on the exhale. Notice the sensation in your chest as the air leaves it, your throat, your nostrils, perhaps sensing the air is slightly warmer on the exhale. Take a couple moments now and notice the sensation of your breath.

We now turn our attention to the sensation in our hands. Sense your hands, not thinking about the hands, but tuning into whatever sensation is available in your hands right now. sensing any pressure, texture, temperature, perhaps sensing inside the skin of your hands, your pulse, or the tingle of energy and life force, taking just a few moments here, to sense what is happening in your hands in this moment.

We now move our attention down our bodies to our feet. Sense, whatever is available to you in your feet, again this may be pressure. texture, temperature, a pulse or a tingling. Whatever you are experiencing is exactly where you're meant to be. not thinking about what you're experiencing, but sensing it, sensing whatever is happening for you in your feet right now.

We now return the attention to the breath. Again sensing the inhale, the chest expanding, and on the exhale, the chest contracting and the air leaving our bodies. Observing a couple more breath cycles here, noticing the sensation of this breath.

Thank you for joining me in this short mindfulness practice today. I hope it has supported you to ground into these two tools that are always with you. your breath and the sensations of your body.