



## Open and Shut: A Mindful Daily Duo of Brief Routines

### "SHUT" EXERCISE: There We Are

Set-up: find a space and time slot that minimizes distraction; even lying in bed just after lights out. Use relaxed, slow, deep belly breathing, "gathering" awareness on the in-breath, then "releasing" that awareness into the object of each step.

**THERE:** An in-breath to gather, then out to "me, immersed in this day now done" observing the effect. Just notice what comes up.

**Short:** Take a couple of minutes of breaths. Divvying this into body/heart/thoughts/space around "there" can be helpful. Try to just observe what arises, without further chasing.

**Super short:** One in-breath to gather, then out to the inner idea (or even better, slowly and quietly spoken, if you wish) - "there." Observe that state, then move on.

**WE:** "We" reiterates connection, a brief shout out to the more-than-me as we settle in for rest.

**Short:** Gather each breath in to "me" (my individual sense of separate self), then breathe out to "we" (imagine each breath reaching out in connection).

**Super short:** Just a single in- breath to a quietly thought or spoken "me", then out to "we."

**ARE:** "Are" is a final, quiet observation of the experience of self and everything else coming to a day's end and to rest, with the bare intention just being to take it all in... then let it all go.

**Short:** Gather each breath and attention in, then breathe out to "there we are", or a settling word/s or thought that works best for you ("good night", "love you", "amen", "om").

**Super short:** Even a single gathering in-breath, then an out-breath to "there we are" or your choice. It's time to honor rest and sleep.