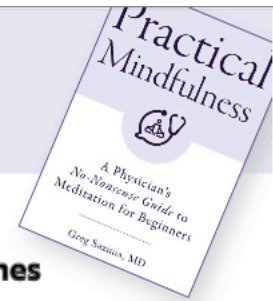




PM Resources



Open and Shut: A Mindful Daily Duo of Brief Routines

"OPEN" EXERCISE: Here We Go

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

HERE: "Here" means settling in our surroundings. An in-breath to gather, then out to "me, immersed in this, observing this". Just notice what arises in mind, briefly.

Short: Take a couple of minutes of breaths. Divvying this into body/heart/thoughts/space around "here" can be helpful. Try to just observe what comes up, 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)- "here." We briefly plant ourselves and observe that state.

WE: "We" means remind ourselves of connections to those outdoers of ourselves - loved ones and others near and far, cultivating our adaptation, and embracing our shared humanity.

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

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

GO: "Go" means off to the next thing, but with an intention to go with some self-awareness of moving through the day, the tasks, the world of experience.

Short: Gather each breath in with attention (a moment here at rest); breathe out to "go" - imagine the breath reaching out to interact with the day, to the others in our life, our world.

Super short: a single in-breath to gather, then with the out-breath, a release with the thought, "go." It's a brief launch code for "go time", to action with mindful awareness.