

Mindfulness Meditation

Tools for SoulCollage®

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- ♥ Observe the breath
- ♥ Breathe deep into the belly
- ♥ 7-11 Breathe, breathe in for 7, hold, breathe out for 11 counts pause, breathe in again
- ♥ Feel body sensations: feet on the floor, legs on the chair, back in the chair. Feel the support you have. Feel the earth holding you
- ♥ Feel the way gravity holds and supports your body
- ♥ Let the muscles in your face soften
- ♥ Let your lips part a single millimeter, notice the wave of relaxation
- ♥ Let your teeth separate a millimeter, notice the wave of relaxation
- ♥ Let your eyes relax back in the sockets, notice the wave of relaxation
- ♥ Let your tongue pool down inside your mouth, notice the wave of relaxation
- ♥ Let a little micro "Buddha" smile come to your lips, notice the wave of relaxation
- ♥ Observe your world from this more calm space. Look at relationships, work, family, creativity, health, finances and let this little smile come to your lips.
- ♥ Let your heart be filled with gratitude for **what is**.

