



# Moment Meditation

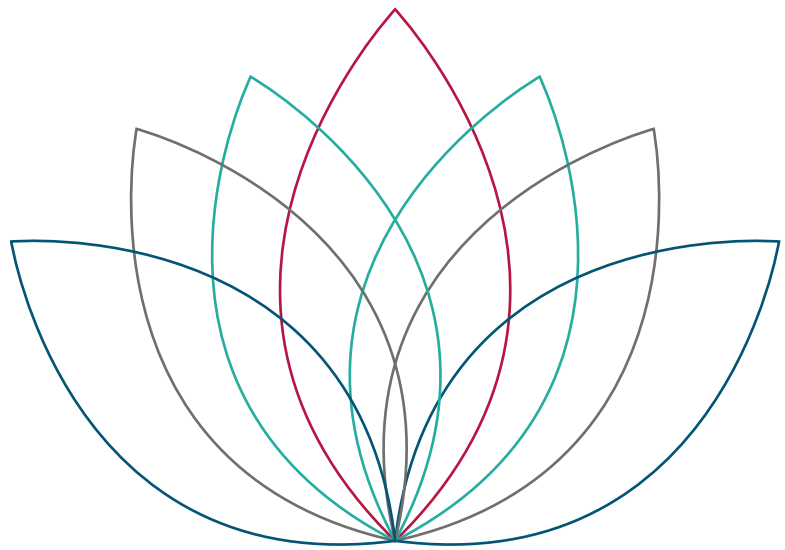
## What is it?

The purpose of this process is to help you become more calm, clear, re-energized and focused – quickly – literally within **1-2 minutes**. You can use this mediation process between meetings, giving yourself a well-deserved timeout. This process will also help you transition from one meeting to the next in our back-to-back meeting world.

## Meditation One Breathe and Release

Use this “Moment Meditation” between meetings, when you are in the bathroom, when you first wake...any time you remember. The more frequently, the better and it only takes 1-2 minutes.

- 1** Get in a comfortable seated or standing position with feet hips distance apart
- 2** Inhale deeply, breathing in through your nose
- 3** Exhale, slowly releasing the breath while, at the same time, say the following word to yourself a few times: “Release, release, release”
- 4** Repeat steps 2 and 3 three more times
- 5** Notice how your body feels by doing a brief body scan starting with your head, moving down your shoulder, to your chest, down to your core, your



butt, quads, knees, calves, feet. Now feel the sensations of your feet on the ground. Notice where you weight of your body is. Is it back on your heels? More on your toes? If you're sitting, notice how your hands feel on your lap

- 6** If you can, repeat steps 2-5 one more time
- 7** Make note how you are feeling overall. Hopefully you will have a greater sense of calm, clarity, re-energized and focus.

Lastly, acknowledge yourself for taking this moment to help you be more present.



## **Meditation Two** **Sipping Water Meditation**

To do this meditation, fill a pitcher of lemon water and keep it at your desk. Throughout the day, when you're feeling thirsty or in need of a moment to center yourself, complete this meditation.

- 1** Fill your cup, water bottle, or mug and take a sip
- 2** Notice how it feels on your lips, notice the water in your mouth
- 3** Think about how grateful you are to have clean, clear water to drink
- 4** Swallow only part of the water that is in your mouth and notice how it feels going down your throat, to your chest. Imagine the water nourishing your body
- 5** Now, notice how the rest of water feels in your mouth. Swirl it around then slowly swallow it and follow it down your throat. What are the sensations you feel?

In the simple act of sipping water, you are becoming more present to this moment, to your body, to the sensations you are experiencing. All of this is helping you to become more calm, clear, and grounded.