

# 3 Minute Mindful Meditation

Sit back into your chair or lay comfortably on the floor.

Close your eyes or lower your gaze, whichever one is more comfortable.

Plant your feet firmly into the ground as if roots were growing from it.

Relax your shoulders, neck and jaw.

Relax your arms into your lap or on the desk in front of you.

Start breathing in from your nose

And breathing out from your mouth

**(Breathe in)** feel the cold air in your nose  
(pause)

**(breathe out)** feel the warm air coming out of your mouth  
(pause)

Each time you **inhale** imagine smelling the flowers  
(daisies, roses, petunias, etc.)  
(pause)

And when you exhale imagine blowing out birthday candles  
(pause)

As you breathe **in** you should feel your stomach inflate.  
And as you breathe **out** you should feel your stomach deflate.

\*repeat eight more times\*

When you are ready, open your eyes.

Created by Tanieka Wright, LMSW

# Loving – Kindness Meditation

Find a comfortable seat.

Upright, but not uptight.

Allowing your eyes to close if that is comfortable for you or focusing them softly on a gaze point in front of you.

Bring your attention to your breath. Noticing your inhale and exhale. The rise and fall of your belly.

Without judgement and without having to ‘do’ anything, simply notice.

Repeat this phrase as you breathe in and out:

May I be safe

May I be healthy

May I be joyful

May I live with ease

Now, bringing to mind someone you deeply love.

Repeat this phrase as you breathe in and out:

May I be safe

May I be healthy

May I be joyful

May I live with ease

Now, bringing your awareness to someone less fortunate than you are.

Adapted from Sharon Salzberg by Andrew Belcher, LMSW

Repeat this phrase as you breathe in and out:

May I be safe  
May I be healthy  
May I be joyful  
May I live with ease

Now, visualizing all humanity.

Repeat this phrase as you breathe in and out:

May I be safe  
May I be healthy  
May I be joyful  
May I live with ease

Take a moment to simply sit with this meditation, and then letting it go.

Thank yourself for taking the time to check in and cultivate  
compassion.

Adapted from Sharon Salzberg by Andrew Belcher, LMSW