

5 Minute Standing Meditation

Guided Meditation

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



MEDITATION

Standing meditation is one of the most powerful ways to get our minds to slow down.

Think of what our bodies are used to doing when we're simply standing. We're usually standing in line... looking at something... having an alert conversation. We very rarely stand and do nothing.

Standing brings our bodies and minds into alertness. In this way, standing meditation is one of the quickest ways to bring ourselves into the present. It's an excellent method to recharge our battery.

If you've never done standing meditation before, don't do it for more than 5 minutes at a time. This can get longer once you become familiar with it.

(pause...)

Find a broomstick, a walking stick, a mop or something you can use to make sure you don't lose your balance. The back of a chair will do in a pinch.

Hold the top of your broom/stick/chair. Place your feet hip width apart.

Look straight ahead. Close your eyes halfway, but not all the way.

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Tune in to your breathing for a few moments. Feel the lifting and falling of your belly. Pay attention to your lower stomach.

Focus simply on the feeling of having your feet on the ground, and of breathing. If you find it hard to focus, you can silently or quietly repeat Thich Nhat Hanh's beloved meditative verse:

Breathing in, I know that I am breathing in.

Breathing out, I know that I am breathing out.

(pause...)

Allow any emotions to be in the room with you, but do not focus on them.

When your mind wanders into thoughts and stories, gently and kindly bring it back to focusing on your breathing, and on the feeling and experience of your body, standing still.

After 5 minutes, open your eyes. Take a few deep breaths.

Be gentle with yourself as you return to "real life". You've slowed down more than you might think.

