

1. Be Where You Are

Look around the room you are in. Find a small corner or space to concentrate on, a bookcase, a group of plants, a picture on the wall, a window. Using the bookcase as an example, we're going to spend 3 minutes examining everything about that bookcase. What colors are the books? What size? Straight or leaning? Solid color spines or patterned? A mix? Can you read any titles from this distance? Anything on there besides books? The bookcase itself, wood? Painted? Have legs or sitting on floor? OK, pick your small view.

2. 5-4-3-2-1

5 things you see, 4 things you hear, 3 things you feel, 2 things you smell, 1 thing you taste.

3. When Will You Die?

It's a strange paradox, but the more we embrace the ever-present possibility of death, the more we come to life. Obviously, it's impossible to know when we will die, but for this moment, imagine you will die next week, fast, painless and irrevocable. Now, make a list of your 10 most important things to do before that day arrives. Schedule every single item on your list and follow through with doing them.

4. History Lesson

Every object has an origin. Becoming more conscious of these origins honors the web of connection. Scan the room you are sitting in, again. The walls, furniture, armchair, flooring. The cup of coffee beside you, the computer you are looking at, the people at this assembly. Consider the raw materials from which all things were made. How was the substance extracted and refined into its current form? Try to identify all the individuals who helped bring this piece to you.

5. Are Your Mealtimes Delicious?

For 1 week try to pay very close attention to eating. Smell, taste, savor, chew and swallow every bite of your meals with mindfulness. When your mind drifts, notice the thought, let it go, and resume your food focus. Try to incorporate slower, more mindful dining at least a couple of times a week.

6. What's Happening Right Now?

Growing our mindfulness. Set your phone alarm to beep every 15 mins. When you hear that chime, stop and ask yourself, "Am I present? What am I feeling in my body? Is there anything I am resisting? Am I thinking about negative things, events or people?" Try to do this for a portion of each day, varying the alarm time, for a week.

7. Simple Simon

Sit with back straight, feet flat on floor, hands in lap. Breathe in through the nose, out through the mouth. Focus on the breath moving in and out. Thoughts will come. Acknowledge them then let them go. Refocus on breathing. Visualizing the breaths may help you hold focus.

8. Walking

Find a walking area at least 20' long. Walk very slowly, paying attention to foot placement, knees, hips. Be attentive to what holds your balance and how your posture is. Repeat x 3.

9. The Dating Game

What brought you joy as a child, teen, young adult, middle aged adult, or senior? What would you choose to do for fun or to explore your interests? Shop? Concert? Take a class? Roller skate? Learn a language? Go away for a weekend by yourself? It is important that you treat yourself the way you would treat a good friend. Go on a date with yourself! Do what you want!

10. Body Scan

Lie flat on the floor or bed. Start by breathing in and out slowly, focusing on the air entering and leaving your lungs. Next, acknowledge your body. This body is the temple that holds your soul, your spirit. Treat it well or consider treating your body better now than in the past. Move now to your head, your hair. Does anything feel heavy, annoying, strong, weak? Continue moving down your body, assessing how it feels as you go. Neck, shoulders, arms, wrists, hands. Now abdomen, pelvis, back and buttocks. Then thighs, knees, ankles, feet, toes. Wiggle those toes. Concentrate on this body, this moment, right here, right now.

Thank you for your interest, attention, and participation. In service, with love, Theresa C.