

## One Minute Anywhere Meditation

This is a good meditation for when you feel anxious, stressed, scattered, or afraid. Do it before entering a stressful meeting or difficult conversation. Do it when you have trouble concentrating. Do it when you want to meditate but only have a minute or two.

1. Sit comfortably, feet flat against the floor, spine straight but not stiff, palms up. Eyes and mouth closed
2. Slowly inhale through your nose. As you inhale, silently count to 20—not for 20 seconds—just a brisk, steady count to 20
3. Now hold the breath for another count of 20
4. Now slowly exhale through the nose for another count of 20
5. There's no need to hold your breath after the exhale, though this is fine if you wish
6. Repeat as long as desired, until you feel relaxed and clearheaded
7. Listen for your heartbeat—be centered in your heart

The goal is to reduce your breath rate to 3-4 per minute. If you can't make it to 20, count faster—but keep the count at a steady pace. Over time you will be able to slow down the count.

You can also do this meditation while driving (eyes open, of course)