

Calm & Connect

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Mini Mountain

(duration: 2 – 5 minutes)

Sit in a comfortable, relaxed, upright position where you will not be disrupted. Close your eyes.

Allow your thoughts to just be, but to the side of your attention, like when you push things to the side on the kitchen counter so you have a clear space to work. Draw your attention to the lower half of your body.

Sense how your feet feel on the floor or in your shoes or socks. How do they feel connecting to the floor? How about your ankles, lower legs, thighs, hips and bottom? Does each part feel heavy, light or just right? Are there other sensations there - tingling, coolness, warmth, spaciousness? Really feel into the *inside* of each area, the volume of each part. You are enhancing your awareness of your base and your connection to the earth, just like the base of a mountain connects to and is part of the earth. Whatever the weather on the mountain top, the mountain remains solid, just another part of the planet.

Bring your attention to your breath. Inhale naturally and really let yourself relax with each exhalation. Allow your breath to drop from your body as though in a sigh. At the end of each exhalation note any changes in sensation in the lower half of your body.

MAKE THE MOST OF IT: When you open your eyes and bring your awareness back to life around you, move on with intention to what you will do next rather than simply diving back into the stuff that awaits. Let some of those thoughts stay to the side and consciously choose which one deserves your valuable attention now.



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