CALMING 5 MINUTE RIVER MEDITATION

If you're feeling overwhelmed, stop for five minutes. Find a quiet spot, sit down and place your feet on the floor.

- STEP 1: Start by simply focusing on your breath for a few moments.
- STEP 2: Close your eyes and imagine your thoughts, tasks, "to do's" etc as a river raging around you.
- STEP 3: Slowly begin to make the river calmer and calmer until it is a quiet, gently flowing stream.
- STEP 4: Once it is a gentle stream, imagine it getting smaller and trickling into a beautiful, quiet, still pond.
- STEP 5: Now you are ready to continue with your day one thing at a time.



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