



HAND TO HEART MEDITATION

It's a very simple and 1 min breathing tool to help us be more grounded especially when our mind is racing, or when our mind is not in the present moment.

I invite you to put your hand over your heart: You can close your eyes, OR you can let your attention and focus become softer. Notice the connection you have made with yourself.

You may find yourself wanting to take a deep breath. If you do go ahead. You can breath slower or deeper than usual.

With your hand you can feel your body just as it is right now.

Picture yourself sending warmth through your hand into your heart.

From inside your body, feel the gentle pressure of your hand right where you would feel a hug.

Let yourself receive the warmth and kindness through that spot.

Your own compassion and strength are supporting you and helping to ground your body in this moment.

Sit with this moment as you need to.

(RING BELL)

I invite you to use this simple technique when you feel panicky or anxious. By doing this you're helping your mind learn to calm down even in the most intense moments.