



5-Minute Practice for Being with 'What Is'

- 1) Bring your attention, in this very moment, to the fact that you're sitting or standing.
- 2) With your attention, simply notice 'what is' in terms of your physical, bodily sensations: temperature, pressure of some kind, movement. You can begin with your feet and work up your body, or begin with your head and work down the body, or just begin.
- 3) No need to change whatever might be occurring, simply to notice: that crick in your neck, a quickening of the breath, the fact that your hands are hot/cold, etc.
- 4) Be with 'what is' for a full three cycles of inhaling & exhaling.
- 5) If you're up for it, extend that to three additional cycles of inhaling & exhaling.
- 6) Notice your mood: open, closed, sad, happy, eager, etc. Don't judge it, or try to change it, rather notice it.
- 7) Notice, too, any stray thoughts that are attached to the mood or visa versa. Don't judge them, or try to change them, rather notice them.
- 8) Take another three deep breaths and begin or continue your day.

Do this 1-3 times per day in order to develop your capacity to be with whatever life happens to offer you that day. This practice contributes to building your resilience to stress.

I'd love to hear what you discover as you engage in this short, focused practice of being with what is. Please feel free to email me at: drchris@Q4-Consulting.com