



# The Global Center for Spiritual Awakening

*Helping you master the art of living by walking the spiritual path on positive, practical, prosperous feet*

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## The Top Three Meditation Practices for Busy People ~ None Take More Than 10 Minutes!



**The Inner Focus Breath:** Sit in a comfortable position in a place where you can have uninterrupted quiet time for 3-7 minutes. Close your eyes and allow your attention to focus on your breathing. Once you are totally focused on your breathing pattern, take a very slow inhalation (through your nose if possible), allowing the air to fill your chest and abdomen. Hold your breath to a slow 5 count. Then slowly exhale, breathing out through your mouth with a steady, controlled breath. Keeping your focus on your

breath as it leaves your mouth, being aware of how it affects your abdomen and chest. Notice the tension releasing from your neck and shoulders. Sit in a relaxed position for a few moments, allowing yourself to enjoy this feeling of total relaxation. When you are ready, open your eyes and slowly bring your awareness back to your environment.



**The Inner Focus Walk:** No matter where you are, this technique is great to clear your mind, relax your body, and stimulate creative ideas/solutions. Take a 5-10 minute walk in your current environment, but as you begin, keep your eyes focused on your feet, and make every step you take a conscious one. Notice how the floor or ground feels under your feet. Be aware of how your body moves as you walk, and how it changes as you shift the speed or terrain. When you feel ready, begin to focus on things around you as you walk. Pay attention to textures, colors, scents. Allow every sensation to permeate through your awareness. When you arrive back where you started, take a few minutes to think about the experience, jotting

down thoughts if you feel like it. Then take a few deep breaths and return to what you were doing. You will have fresh ideas and a different perspective.



**The Inner Focus Snack:** Grab a favorite snack — it can be anything, from a bag of M&Ms to an apple — and find a quiet place where you will be uninterrupted for 5-10 minutes. Enjoy your snack, but from a new perspective. Take time to really look at your snack, focusing on its color, aroma, texture. Once you have totally explored your snack, take a slow, deliberate bite. Allow the food to linger in your mouth, and savor the flavor and texture. Chew it slowly, then swallow it. Pause and experience the satisfying feeling of the delicious bite. Then continue to eat your snack, one slow, deliberate bite at a time, giving yourself time to truly enjoy it. When you are finished, take a few moments to breathe and be

grateful for the time you have had. Then return to your work, refreshed and seeing things through new eyes.