

Gumball Mindfulness Meditation

By Chuck Hartman | Written July 31, 2021 | From: The Mister Chuck Channel | <https://youtu.be/12YzY3Adslw> | <https://www.chuckhartman.com>

Sit quietly and take in a deep breath through your nose, and release the breath through your mouth. Make sure you are taking deep breaths from your diaphragm. Your diaphragm is a muscle that rests at the chest base and separates the abdomen from the chest. So, when you breathe from your diaphragm, your stomach should push out when you breathe in, and it will relax when you breathe out. If your shoulders rise and fall as you breathe in and out, then you are not breathing from your diaphragm. Make sure your stomach is pushing out when you breathe in and relaxes when you breathe out—this is how you know your breathing from your diaphragm.

Sit quietly and take in a deep breath through your nose, and release the breath through your mouth. You may even close your eyes if you wish. Take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Now imagine a gumball machine with no gumballs inside. Focus on the gumball machine. Continue to take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Now, imagine that you are the gumball machine. Continue to take deep breaths.

Imagine that you begin to fill up with gumballs. There is an excited gumball. There is an impatient gumball. There is a happy gumball. All these feelings, all these gumballs. Your job is to simply be the gumball machine. You do not need to do anything with your gumballs, just watch them and be the gumball machine.

As you continue to take deep breaths, imagine there is a kind gumball. There is a grumpy gumball. There is a sleepy gumball. There is a rambunctious gumball. All these feelings, all these gumballs. Still, your job is to simply be the gumball machine. Merely watch your feelings and be the gumball machine. Continue to take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Every feeling is welcome. Let the gumballs be the gumballs, and you be the gumball machine. Do not do anything with your feelings except watch them.

Continue to take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Mindfulness



Now see if you can just be the gumball machine and watch the gumballs. What kind of feelings are you feeling? Now, see if you can just watch them. Remember, you're the gumball machine; you don't need to do anything but be the gumball machine. Continue to take in a deep breath through your nose and release the breath through your mouth. Again, take in a deep breath through your nose, and release the breath through your mouth. Once more, take in a deep breath through your nose, and release the breath through your mouth.

Isn't it amazing how many feelings we have? When we are excited, and we cannot wait, we might find ourselves becoming the excited gumball or the impatient gumball, but then we need to remember, we're not the gumball; we are the gumball machine. Be the gumball machine. We control the gumballs inside. Be the gumball machine. You may open your eyes if they are closed.

It's amazing how many feelings we have inside ourselves? When we are finding it hard to wait and be patient, we might find a gumball like "excitement" trying to take over. That's when we say to ourselves: be the gumball machine. Anytime you need to practice being the gumball machine, merely repeat this exercise or say to yourself: be the gumball machine. Remember, you can be in control of yourself. Be the gumball machine.

I'll see you again soon for more mindfulness exercises.

Explanation & Focus

The purpose of today's mindfulness exercise is to help children understand that they can control their feeling of excitement and joy. Often, children find themselves highly excited or extremely tired and frustrated at the Holidays. This exercise serves as a mechanism to help children understand they do not need to respond to every positive or negative feeling. Today's exercise is an excellent way to avoid the holiday 'ups' and 'downs.'