

mindfulness



Mindfulness Meditation (Centering, focusing, and stretching)

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<https://youtu.be/r9qoWuKCp48> | <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 base of the chest and separates the abdomen from the chest. When you breathe from your diaphragm, your stomach should push out when you breathe in and 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 pushes out when you breathe in and relaxes when you breathe out—this is how you know you are breathing from your diaphragm.

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. Continue to breathe. You may close your eyes if you wish.

They say April showers bring May flowers. Have you ever heard this expression? Well, today, let's pretend that we are flower bulbs beneath the soil, waiting on the cool Spring showers to help us grow. Imagine that you are a flower bulb—Tulips, Buttercups, Crocus—you choose the flower you'd like to be. How do you feel beneath the ground as you are getting ready to produce a flower? You know flower bulbs are different from seeds; flower bulbs produce the same flowers year after year. The Buttercups my grandparents planted over sixty years ago still grow Buttercups every Spring. Continue to breathe.

Now, imagine that the rain begins to fall. The water starts to seep into the earth, and your bulb begins to absorb the water—this is such a good feeling. Take a moment to enjoy this good feeling [PAUSE]. Take in a deep breath through your nose and release the breath through your mouth. Continue to breathe.

Suddenly, you begin to feel your bulb push out a shoot. Take your hands and slowly bring them together. Start to slowly raise your clasped hands into the air. 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. One more time, take in a deep breath through

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

Now, your arms should be fully extended into the air. Feel how good the stretch makes you feel. Take in a deep breath through your nose and release the breath through your mouth. Slowly allow your clasped hands to let go and open up and stretch skyward. Take in a deep breath through your nose and release the breath through your mouth. Continue to breathe.

You are now a flowing producing bulb. You are beautiful. You weathered the rain and are better off for having endured the rain. Now imagine that the sun breaks through and dries up the rain. Allow your flower to enjoy the sun's warmth. Take in a deep breath through your nose and release the breath through your mouth. Continue to breathe.

You may open your eyes now if you wish. Slow bring your arms back to your lap. Take in one last deep breath through your nose and release the breath through your mouth. You should now feel relaxed and ready to face whatever comes your way. Should you need to stretch again, merely repeat this exercise.

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

Explanation & Focus

Today's mindfulness exercise is about centering, focusing, and stretching. The child is encouraged to pretend to be a flower bulb planted in the earth. The child is encouraged to imagine cool April rains will lead to their growth in May (April showers bring May flowers). This Spring themed exercise incorporates mindfulness, deep breathing, and stretching.