

## Meditation Tool

See it online!

<http://scrubsmag.com/scrubs-meditation-tool/>



### 1 Minute Meditation

Count each exhalation of your breath. If you notice your attention is directed toward something else (and your attention will do just that), gently turn your mind away from those thoughts and back toward counting your breath.

### 2 Minute Meditation

Become aware of your strongest emotion in this moment. Is it primarily frustration, contentment, grief, happiness, anger, hope, fear, longing? This is only a partial list of the full and subtle range of natural human emotions, so pause now and identify your feeling.

Whatever emotion is present, know that it is a passing, temporary experience. Treat your emotion as a guest, a visitor passing through the home of your internal experience. Imagine it as a traveler. Let there be at least as much space around your emotion as a person would have around them in a comfortable room.



As the host or hostess of your internal home, you don't have to let this guest set up camp. You can acknowledge it while it is visiting, respect it, let it express itself to you, but you don't need to feed or pamper it. Or, if you enjoy this particular guest's company, or if it has something to share with you, treat it to tea, with an invitation to linger.

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## 5 Minute Meditation

Sit on a chair with your feet solidly resting on the floor or earth and your spine comfortably upright. Bring your attention to the soles of your feet, noticing the sensation of gentle contact with the floor.

Consider that for thousands of years, your ancestors have walked in close contact with the earth, often barefoot, and earth wisdom has been passed along to you in your genetic makeup. Imagine now that your feet have energetic roots, like the fine root system of a tree. Let your sole roots reach down into the rich, nourishing earth.



Feel the nourishment rising through your roots into your legs, torso, arms and head, like the sap rising up the trunk of a tree. Rest in the earth's dynamic stability. Be nourished by the deep silence. Be at home in the support.



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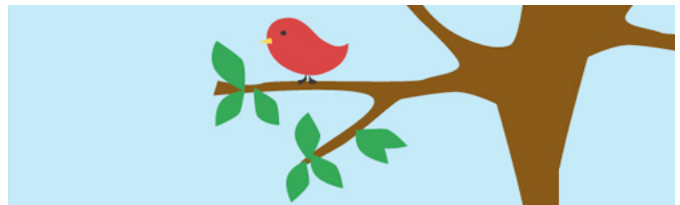
## 7 Minute Meditation

Imagine yourself at a warm, beautiful beach, down where the sand meets the water. Imagine writing a single word in the wet sand that represents your biggest concern, and watch as the ocean gently erases it, leaving the sand smooth and beautiful while you feel it releasing from your mind and emotions.

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## 15 Minute Meditation

Go for a walk around the hospital campus and count your steps. Count the number of red things (or square things, or metal things) that you can find. Find a quote or an affirmation that speaks to you and repeat it for a set period of time. As with the shorter meditation, notice when your attention is directed toward something else. Gently turn your mind away from those thoughts and back toward your mindfulness task.



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