

Calmness Practices

1. Count silently to 60. Stay on task and keep the mind focused on this one simple activity. It's a quick and easy timeout for the mind.
2. Belly breathe for ten breaths. Fill the lower abdomen with air, then the chest, then exhale with a sigh.
3. Massage each finger on both hands. This brings us into the present and it gets energy going in the body.
4. Ask frequently during the day, "Am I making this easy?"; "Can I do this in an easier way or experience this without suffering?"
5. Make a fist with both hands and tap the spot under the belly button using alternate hands. Do this 100 times. This moves our awareness from the head to the body.

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