

# Mindfulness Lite & Calm, Safe Space For Everyone

## Finding Your Calm, Safe Place

- Imagine a place where you can feel calm, peaceful and safe.
- Bring into your mind's eye the sights that you see in this calm, safe, place.
- Notice the colors, the textures, the landscape around you. Are you inside or outdoors?
- Listen to the sounds in your calm, safe place. Are there birds chirping? Is the wind blowing? Are there waves crashing? What other noises do you notice?
- Breathe in the scents that are present in your calm, safe place. Does it smell like suntan lotion? Does it smell like fresh rain?
- Notice what your skin feels like. Is it warm or cool? Are you in sun or shade?

## Incorporating Daily Mindfulness

### Posture

Close your eyes and connect with the sensations of your seated body. Make sure your spine is straight, but not rigid.

### Breathing

Take three long, deep, nourishing breaths—breathing in through your nose and out through your mouth. Then let your breath settle into its own rhythm, as you simply follow it in and out, noticing the rise and fall of your chest and belly as you breathe.

### Intention

Ask yourself: "What is my intention for today?"  
State your intention for the day: "Today I will ...."

### Check-in

Pause, take a breath, and revisit your intention.

## Mindfulness Lite Meditation

### Earth-grounding, safety in the present

- Bring your awareness to your feet on the ground or your body on the chair/cushion or wherever you are sitting.
- Notice the points of contact where your body meets the earth.
- Now listen to the sound that you notice in your surroundings.

### Air-breathing for strength, balance, and centering

- Notice the natural inhale and exhale.
- Inhale to the count of four, hold to the count of four, exhale to the count of four, hold to the count of four.
- Continue this square breathing for four repetitions.
- Now breathe naturally.

### Water-calm and controlled

- Take a sip of water.
- Notice the sensations that occur.
- Take another sip and focus again on what happens.

### Fire-light up the path of your imagination

- Imagine your calm, safe place.
- Use your cue word to take you there.
- This place should fire your imagination.
- Relax and enjoy your visit to your calm, safe, place.
- Close the meditation with three cycles of inhale and exhale.

