



# Mindfulness

## First 15 days of practice

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### DAY 3

Always find the right space and the 15 mins needed to give this gift to yourself. Keep your journal and pen next to you to take notes after your exercise is finished.

Mindful breathing is best practiced with no distractions, such as a television or telephone, in a tranquil environment. It can be practiced anytime during the day. Find the moment to do so.

Start by asking yourself and writing down for a minimum of two minutes:

- What do I want to get from this practice?
- What are the obstacles I am facing to do the practice?
- What can I bring into the practice to make it more meaningful?
- How does your belly, chest and head feels when you reflect on this practice?
- What are the emotions you can associate with it?

# Breathing Into” Stress Detox- Healing

The Breathing Into Stress Detox-Healing practice is about bringing your body back into balance, and help discharge and release tension and stress that builds up in the body. I use it normally at the end of my the day to feel relaxed and detox from all the things that could have caused stress during the day. I also use in case of pains in my body.

## Note

(This practice is not intended to substitute proper medical care).

There can be many signs that can show you are out of balance. Even a mild headache can disrupt your ability to focus and enjoy the moment.

For this practice, you will use your imagination to visualise how you can breathe past the lungs and chest and into any part of your body.

This is a simple practice once you get the hang of it. Find a nice quiet place where you can sit or lie down. You can do this for up to five minutes or longer if you want.

Let's begin:

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Close your eyes and bring awareness to the body. Notice where you feel tightness, tension, or even pain.

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Once you've allocated the place where you want to relieve tension, you will take in a long breath. As you inhale, imagine a healing or soothing white or golden light coming in through the top of your head—you could just see this light coming in with your breath through your normal breathing ways. See this light traveling to where you are experiencing tightness or tension.

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Let the soothing light fill up the affected area. Let it go all the way down to the cells of that part of the body.

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Take a long, slow exhalation. As you do this, visualise your breath carrying any tightness, tension, and any impurities down the body. The breath carries these

impurities down the legs and finally, out of the bottom of your feet—where they are deposited harmlessly back into the Earth for recycling (or composting).

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Repeat the above process as many times as necessary until the tightness or tension is reduced or all remaining impurities are drained away. Optionally, you can add the following healing or balancing intention: “May this part of my body attain full balance and harmony as it is intended to be.”

**Thank you \_\_\_(say your name)\_\_\_ for this mindfulness practice.**

**May I continue to look deeply into my mind, my heart and body**

**May all beings everywhere be happy and free and may my actions and thoughts contribute in some way to the happiness of others.**

## **Journal**

It would be of great help for your own practice if you could write: what did you bring into this practice and what did you get from it? Have you brought kind awareness to your thoughts, heart, body, or non of them? What were your thoughts through out the exercise?

Write down your experience of the Breathing Into Stress Detox-Healing. What changes, if any, in your body tension did you notice? How does the idea of the light makes you feel? Would you prefer to use any other element? If so, which and next time use and scan how you feel.

