

A powerful and simple Mindfulness Exercise

Sit down, relax and **breath** deeply through your nose.

Let your eyes close and be aware of your breath going in and out.

Move your **attention** to your body, one part at a time, noting sensations of cold, hot, tight, sore and anything else you identify.

After a few minutes, start **listening** to sounds in the room, without thinking about them. Just listen, while still maintaining an awareness of your body and your breath.

In 10 minutes or so, or when it feels right, open your eyes and look around as if you are seeing for the first time. Let your eyes rest on an object for half a minute, examining it without talking about it in your mind. Then move to another object, and another, while still maintaining an awareness of your body, your breathing, and any sounds. Just stay in this state of **mindfulness** for a few minutes, until you are ready to get up.

When you are aware of your body, breath and immediate environment, you are more fully "**in the moment.**" Your mind is in a receptive state, with fewer mental distractions that can prevent clear thinking. An exercise like this before important mental tasks will give you greater brain power, specifically more focus and concentration.

