Meditation for Anxiety- anything can be done for 3 breaths, 2 to 5 minutes as a single practice, it can be very influential.

Eyes open, doing your tasks, but putting attention on your breath, that’s awareness or mindfulness in an instant and can help break the cycle of anxiety thoughts that tend to loop

And if sitting is too antsy, too much mental or physical energy, you can practice walking meditation as well.

Body relaxation- long slow deep breath in the belly. Notice any tight places, accepting the experience.

Breath softening the heart- breathing in I fill my heart with breath, breathing out I release stress, tension, anxiety from the heart

3 breaths of doing what’s in front of you- the breath

Touch on the sense of calm and groundedness in the breath

Sit in awareness of the mental layer, sometimes that layer can be filled with our more unwelcome experiences such as anxiety. Becoming aware of this internal dialogue

And here in the space of meditation patiently listening to it for the insatiable voice of anxiety, patiently listening: here is your stage, an intentional listening session, for 2 minutes. Listen doesn’t mean believe, react, it means acknowledge. We’re sitting beside our anxiety,

And now that we have acknowledged, intentional letting go, acknowledge anxiety on the inhale and on the exhale, not solving or fixing but releasing, releasing the tension around it, the grip it haps on you, the pain and suffering of it. Let’s breathe like that.

Noticing the rise and fall of breath in the body. If you find yourself swept away return to breath. We’re sitting beside our fear not letting it take over. In your breath is where you’ll find your ground, your calm. We don’t find the answer in yet more rumination.

Mantra: breathing in I am free, breathing out, from fear and anxiety. See this as positive food for the brain, a positive seed to offer. Falling in and out of mantra is normal, practice for 4 or 5 breath cycles.