



Air



Fire



Water

Three simple meditations
to help with anxiety.

Why not try one a day
over the coming weeks?



Air

Sit comfortably but maintain an upright, dignified posture. Have your feet flat on the floor with your legs uncrossed.

Place your hands in your lap, open with palms upward.

Take a deep breath, hold it for a moment and release it slowly. Say to yourself: "I'm grateful for the breath of life!" (Repeat three times.)

Now simply focus your attention on your breathing, just as it is, not trying to control it in any way but bringing your awareness to the breath as it enters and leaves your body.

As different thoughts come into your mind, which they will, picture them as clouds floating across the sky. They come and go.

You might find it helpful to imagine pushing them gently away so that they disperse or disappear.

Bring your attention once again to your breath. Continue to do this for a few minutes and then repeat the three deep breaths.

- Consider how you might give someone else a little breathing space.

Fire

You'll need a candle and something to light it with. Also a safe place for it to stand.

Light the candle and take a couple of minutes to focus your attention on it.

Allow other concerns to fade away as you look at its light.

... simple

... beautiful

... warm

... shining

Reflect on the simple fact that even this small candle chases the darkness away.

- Consider one small thing you can do or say to bring a little light into someone else's darkness.

Water

We're all having to wash our hands a lot more! It's routine and mundane but very important. However, with all the focus on hand gels, sanitizers and soap, it's easy to forget what a precious resource we have in clean water.

Take a glass of water and hold it for a while in your hands.

Take a sip and hold the water in your mouth before swallowing.

Think about the beauty of water in its many forms.

Think about the trees, flowers and crops that grow because of water.

Think about the fact that the average human body is sixty per cent water.

Drink the remaining water slowly and gratefully.

Wash the glass and then your hands slowly and gratefully.

- Consider ways you could be more mindful when making use of water over the coming days.