

MEDITATE THROUGHOUT THE DAY

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Meditation isn't limited to sitting for 20 minutes every session. Though that method is most commonly taught and used, there are many ways you can incorporate meditative practices at **any moment of the day.**





MEDITATE WHILE WALKING

This form of meditation is one of the first techniques I used when I began learning. It's essentially "**mindful walking.**" Start by taking your usual steps in your natural stride. Then make note of **every movement in your joints** from the hip to the knee to the ankle and the foot (don't forget the toes!). What do you feel? **Can you visualize each muscle working in accord?** Are you walking quick and in a hurry? Or are you slow and calm? You might learn a little bit about your habits just by **paying close attention.**



MEDITATE WHILE EATING

How often do we gobble up our meal before we ever had a chance to truly enjoy it? I know I have! But **try eating mindfully** next time you sit for a meal. Start by slowing down and making each moment special. **Put your phone and other distractions away** to embrace your meal time. Take a deep breath and **inhale the aroma**. Notice any spices and herbs that hit your nose. When chewing, take note of the flavors that touch certain parts of your tongue. Appreciate the food that fuels you as it enters your stomach and digestive tract. Hopefully you **feel energized** and well after eating.

MEDITATE WHILE CLEANING

As a mother of two, I feel like I'm cleaning all day! This one is a breeze for me. But, if you have a hard time keeping clean, try it with meditation. Start with one area at a time. Appreciate **the space you have the honor of cleaning**. Visualize removing any bacteria from your surfaces and leaving it clean and purified. **Use circular motions and create a pattern**. Think of how your body will thank you for eliminating dust and particles. Before you know it, you'll be done - this is a win-win!



MEDITATE IN THE SHOWER

Who doesn't love a nice relaxing shower? This is a favorite way for me to get a daily meditation session in. While you're refreshing your skin and hair, **use your shower time to reflect on each part of the body.** Notice the texture of your skin and embrace the body you get to call yours. Slowly start by washing one arm, then the next. Move to the legs and feet. Give each part of your body love as you wash away the previous day's cares. When you wash your hair, imagine every strand receiving individual love. Even if you're pressed for time, you can always take a small moment to **appreciate your true home: your body.**



MEDITATE WHILE DRIVING

Yes, it's possible and safe to meditate while driving! In fact, being more aware and alert on the road can be safer for you. Start by setting aside all distractions (bye-bye, phone). Feel the steering wheel in your hands and your foot on the pedal. **You are in control.** Pay attention to your speed as you accelerate or brake. How does the change in speed make you feel? Notice any physical sensations while you're driving. Take notice of the other cars on the road. Are there pedestrians at the street crossings? Who's behind you? **Awareness of your surroundings** is key when driving.



MEDITATE ANYWHERE, ANY TIME

You can add **meditative techniques** to almost any task throughout your day. Waiting for the bus, reading, painting, writing, working out, playing music or musical instruments - whatever your day involves, you can **make it a moment of awareness**. Though it is recommended to **meditate for about 20 minutes daily**, it's okay if you don't have the time everyday, so long as you make the effort and **do it divinely**.



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