**A Two Minute Meditation Exercise for PC Groups**

**Created by Pat Lavercombe 2009**

**Gather and Prepare:**

Sit in your chairs with your feet on the ground, and all things out of your hands. Place your hands on your laps, or the table in front of you.

Become aware of your breathing: deliberately breathe in through your nose and blow out through your lips. Hear and feel your breath as it comes into your body to bring life and as it is expelled, taking out what is not of use. Slow your breathing down by counting it in, pausing and counting it out: 1-2-3-4-5-etc.



**Listen and Respond:**

In the next minute of silence, repeat a mantra you have chosen, or simply stay with your breathing, freeing your mind of all thoughts and worries.

(chime)

**Go:** (Three chimes)

As you come gently back to the present, take one large breath and expel it, open your eyes and bring that calmness into the day ahead of you.