

Summary: [Small Moments Many Times: Meditation for Busy People](#)

by *Stillmind.org*

Body-Scan with Tensing

1. Sitting comfortably, take several calming, relaxing breaths.
2. On the in-breath, clench your right hand into a fist. On the out-breath relax it completely.
3. Next, on the in-breath, clench your right fist again but include your whole arm up to your shoulder. On the out-breath, relax completely.
4. Repeat this process with your left hand and arm.

Breathing Energy (from *Super Calm for the Super Busy*)

1. Choose a word that signifies a quality that is meaningful to you. For example: "Jesus, Buddha, happy, laughter, lightness." Preferably two syllables.
2. With the in breath, softly whisper the first syllable. With the out-breath, whisper the second. For example, in breath: "light," out-breath: "ness. " Repeat this several times.
3. The next step is to say the word internally, completely silently, with each in and out breath. Continue for as long as you like.

Magnify Heart Energy (from *Super Calm for the Super Busy*)

1. Place your hands in a prayer position in front of you.
2. Notice the sensations at the centre of your chest. Remain focused on this point.
3. You are placing your attention on the area known as the "heart chakra." In focusing on this area you are magnifying the energy there. The heart chakra is associated with joy and inner-peace.