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Baker's Dozen

We are consistently being urged to live 'in the present moment.' There are many good reasons for doing so: it lowers our stress level, it builds focus and concentration, it is the only moment we really have since the past is gone and the future is not assured. Yet, the multi-tasking that is so much a part of our everyday lives, and the tension and stress that are so prevalent in our days, makes it difficult to remain aware of the present moment.

These 'Baker's Dozen' suggestions are designed to help you find focus in the common and ordinary moments in life. The more we practice through simple acts such as these, the more we will be able to live in the 'now' in a more sustained way.

Day 1

Notice how you feel the next time someone smiles at you.

Day 2

When you eat dinner, look for the boldest color on your plate and give thanks.

Day 3

Raise your shoulders and lower them. Raise them and lower them. Notice how it feels.

Day 4

When you brush your teeth, brush your tongue and feel the bristles as they move along it.

Day 5

Make a cup of tea or coffee and feel its warmth as you swallow it.

Day 6

Count ten complete breaths backward. 10, 9, 8, and so on.

Day 7

Say a familiar prayer or repeat a favorite poem, stopping for a moment at the conclusion of each phrase to soak in the words.

Day 8

Scan your body to see where you feel hot and where you feel cold.

Day 9

Ring a bell and listen to its tone until the tone is completely gone and the room is silent again.

Day 10

Put down your phone and peer into space for a full 2 minutes.

Day 11

After your shower, stand still before drying off, and feel the droplets of water as they trickle down your body.

Day 12

On your next email, picture the recipient's face in your mind's eye and bless them.

Day 13

As you step outside for the day, notice the first scent you smell.