



Living this Moment

5-4-3-2-1

This simple practice of informal mindfulness invites you to use your senses to bring a measure of pause in the fullness of your day. It allows you to arrive in this present moment by noticing the physical environment around you. With each of the steps, pause for a few breaths with each sensory perception. See, feel, hear, smell or taste as if for the first time, with a sense of curiosity and wonder. Avoid the story or judgement about what you sense, and rather focus upon the direct experience of this perception.

5 – Notice five things that you see in this moment. Notice the form, color, and texture. Look with a Beginner’s Mind.

4 – Can you notice four things that you feel? This might be a physical sensation right now in your body (Tension, fatigue, ease, itch, touch, etc) , or perhaps an emotional feeling (sadness, fear, joy, curiosity).

3 --What three sounds can you hear right now? How does each sound change from moment to moment? Can you hear the silence beneath the sound?

2 – Notice two smells. What is each smell like?

1 – Notice the one taste in the mouth right now. Is it bitter, sweet, salty?