



SHORT MEDITATIONS WITH DR.ARTUN

5 MINUTE INTERNAL INQUIRY

- Close your eyes and focus on your posture.
- Try to make yourself comfortable. Put your hands on your lap upwards or release them on sides. Feel your feet touching the ground.
- If you're standing, distribute your weight firmly
- Stand still like a mountain, rooted firmly to the ground and your peak is touching the sky.
- Open your chest, release the tension on your shoulders.
- Let your breath flow naturally... Don't try to control... Inhale and exhale...
- Slowing down now, take 3 long, deep breaths...
- Direct your attention to your body, to your hands, your fingertips, feel as your thumb and index fingers touch, simply and easy. You are here, you're now.
- Keep taking long deep breaths...
- Feel the air caressing your hands, your face, your forehead, cheeks, nose, ears, the roots of your hair.
- Ask...
 - What is happening in your body?
 - What are the emotions you are experiencing?
 - What are the stories you are telling yourself?
- Just do a quick internal inquiry...