

Daily Practice



Practice mindfulness at home or in class for 5 minutes a day by using the guided meditations in this chapter.

Daily Dive — Chapter 1: Mindfulness

Welcome to innerU. We will continue learning to dive into our inner forest and discover the magic inside. Before we start, let's take a moment to sit comfortably in your chair like our friend the Sloth, hanging out with your spine straight and your hands resting comfortably on your lap. At the sound of the bell, I invite you to close your eyes and become aware of your body. That means slowing down like the sloth and begin to pay attention to your inner forest, which means paying attention to your sensations, emotions, and even your thoughts. This is important so that we can pay attention to what is happening inside of us and discover our inner world.

Together, let's take a deep breath together. Inhale in and gently exhale as you imagine you are quietly still like our friend the sloth. At first, being still may feel a little strange or uncomfortable but remember that doing so will help you better see on the inside. It helps us explore our own tropical forest better. Now together let's take another deep breath and listen to the sound of the bell and see if we can notice when you no longer hear its ringing sound. Let's get ready. *(Ring bell)* Congratulations! Notice if this was hard or not for you to just listen. Keeping your eyes closed, now let's see how you can listen for one minute in silence. I will ring the bell another time to let you know that we are finished and you can open your eyes. *(Ring bell)* Beautiful! You have just learned how to dive into your inner forest or innerU.

Daily Dive — Chapter 2: Our Breath

(Ring bell.) As the sound of the bell quiets down in the background, go into your innerU by sitting comfortably on your chair, resting your hands on your lap, gently closing your eyes as you imagine and let your body quiet down and become still like our friend the sloth. Today we will be paying attention to our inner forest by being aware of our breath. Begin by noticing the sensation of the air coming in and out your nose. Keep breathing naturally without forcing or changing your breath. Let the air come in and out. Imagine breathing like the trees of the rainforest. Now imagine you are a tall tree with branches reaching for the sky, and then take a deep breath in filling your lungs as much as you can and then slowly let your breath out gently. Do this again and allow your belly to get bigger as you inhale and get smaller as you exhale? What do you notice in your body now? *(More relaxed, calmer?)*. Continue to simply notice your breathing as you relax and observe your inner forest like a sloth. For some of you this might be a little difficult to pay attention to your breath. And that is OK. With practice you will get better at it and you will learn how to feel calmer inside you. *(Ring Bell)* At the sound of the bell gently open your eyes and be happy for taking a moment with our friend the sloth.

Daily Dive – Chapter 3: Mindful Brain

(Ring bell.) Take a moment to sit comfortably on your chair, placing your hands softly on your lap, and let your muscles of your body relax as you close your eyes. *(Pause)* Like the Sloth, we will become very still so we can explore our inner forest. Remember the armadillo, who taught us how to pay attention to our emotions. *(Pause)*. Today I invite you to gently take a deep breath from your nose and exhale from your mouth as you listen to the sounds of the whales softly signing in the background. *(Pause)* Keep your attention on breathing in and breathing out. *(Pause)* I invite you to notice the sensations around your nose. You may begin to sense the air flowing into your nostrils or even notice if the air is hot or cold. Simply stay relaxed and notice what is happening inside you with each breath you take. *(Pause)* Keep breathing naturally, without force. As you continue breathing, notice what is happening at your chest, the movement, the expanding and contraction of your ribs. *(Pause)* Now let's visit our belly and discover sensations there as you breathe. Along the way, if you notice that you begin thinking of something else that noticing your breathing sensations, simply your thinking of something else; bring your attention back to sensing your breathing. *(Pause)* As you continue to breath, I will invite you to very gently open your eyes. Without moving, let all the images come to you. There is no need to do anything other than softly looking. *(Ring bell.)* As I ring the bell, simply take a moment to notice how you are feeling right now compared to when we started breathing together.

Daily Dive — Chapter 4: Mindful Emotions

(Ring bell.) Closing your eyes and imagine the Blue Heron coming to visit you to remind you how to dive into your mindful body. Sitting tall, slowly bring your hands to your lap and let your body become really quiet and still as you close your eyes. *(Pause)* Take a beautiful breath and when you exhale, let yourself sink and dive all the way to your feet. This means bring your attention with your mind slowly down to your toes. As you pay attention to your feet and toes notice the sensations you may have there. *(Pause)*. Now let's explore other parts of your body. Slowly bring your attention to your knees *(Pause)*, and now then to your upper legs *(Pause)*. Explore what is happening and the sensations in each area without wanting to change them. Simply observe what is going on inside of U. Now bring your attention to the sensation of sitting on your chair. Feeling the weight of your body pressing against your chair. Notice if it is cold, warm, hard or soft? *(Pause)*. Let's bring your awareness to your belly, *(Pause)*. What is going on there? And now to your chest, *(Pause)*, your shoulder *(Pause)*, then moving down to your arms, *(Pause)*, all the way to your hands, *(Pause)*. Remember so often to check into your breathing. Now let's g to your neck, *(Pause)*, and now the head, *(Pause)*, the face, *(Pause)*, and ears *(Pause)*. Are you breathing in the same way? At the sound of the bell take three breaths and open your eyes. *(Ring bell.)*

Daily Dive — Chapter 5: Shedding our Skin

(Ring bell.) Together we will invite our friend the sloth to help us remember to be in our mindful bodies so we can explore our inner forest and discover the magic of our innerU. Sit quietly with your hands on your lap and gently close your eyes. Allow yourself to be aware of your breathing *(Pause)*.

Today our friend the snake will help us let go of emotions that do not made us happy. Lets begin by remembering a time where you were really upset at someone. Imagine how you felt and what you were thinking. Notice what is happening inside you when you think those negative taught. Now take a beautiful deep breath and imagine that you are the anaconda as you begin to gently let go of your negative thoughts and emotions. Let's call these your old skin like the one of the snake. Notice whether it is difficult for you to let go of your old skin or not. Let your thoughts slowly slide away and begin to notice how it feels inside your body when you let go of those thoughts. Notice your muscles, your emotions, your breath as you let go of your old skin. Now imagine something that makes you really happy. *(Pause)* Feel how happy you are inside your inner rainforest. *(Pause)*. Now I invite you to imagine that you are sending some of that happiness to the person that made you unhappy. *(Pause)* Even though you may not feel like it, try it. Notice how you feel when you send good thoughts to even someone who may have hurt your feelings. Continue feeling happy knowing that the other person is receiving happiness. Put a smile on your face and at the sound of the bell gently open your eyes. *(Ring bell)*

Daily Dive — Chapter 6: Mindful Listening

(Ring bell.) Ring bell. Let's start by finding our still comfortable Sloth body. *(Pause)* Breathe in *(Pause)* Breathe out *(Pause)*. Today we are going to explore the world with our listening powers. With each new breath imagine your body shape shifting into our friend, the Spear Nosed Bat. Remember that means to imagine you become a bat. Imagine your arms as long powerful wings. *(Pause)* Imagine your ears growing like bat ears. *(Pause)*.

Now, pay attention to the world of sounds around you. Listen carefully, and when you identify a sound, simply notice it without thinking about it. *(Pause)* As you continue noticing sounds, notice whether they are pleasant or unpleasant sounds. *(Pause)* As you notice the quality of the sound, notice what happens in your body. *(Pause.)* What sensations can you notice related to that sound? *(Pause.)*

Now, pay attention to the sounds inside of you. Can you hear your breath? *(Pause)* Can you hear your heartbeat? *(Pause)* Can you hear your thoughts? *(Pause)* As you identify these sounds simply try to observe them without thinking about them. *(Pause)* Bring your attention back to your breath. *(Pause)*. Observe in your mind the air going in as you inhale and out as you exhale. *(Pause)* At the sound of the bell, take three long breaths and gently open your eyes. *(Ring bell.)*

Daily Dive — Chapter 7: Heartful Communication

(Ring bell.) I invite you to remember all the animals of the rainforest that helped you dive into your innerU; the sloth who taught you to sit still and pay attention, the speared nose bat who taught you to listen mindfully, the armadillo who taught you to pay attention to your emotions, the anaconda who taught you how to let go of negative emotions, and the Macaw who taught you to speak from your hearts. Begin to focus on your breathing. Take deep inhales and exhales. Notice your chest going up and down with each inhale and exhale. Allow yourself to relax like the sloth, quietly observing your inner forest. As you sit quietly, we will use our imagination to send heartful thoughts using heartful communication to a friend. Take a moment and imagine walking up to one of a friends and share something you really like about them. Notice how it makes you feel when you tell them something nice. *(Pause)* See them smile back at you. No? Let us do this to another friend or a family member. See yourself again walking up to them and sharing what you appreciate or like about them. *(Pause)*. Now smile as you imagine you communicating from your heart. Notice what is happening inside you. Now let's make it a little more difficult. Now imagine you going up to someone who may have hurts your feelings in the past and use your heartful communication to tell them something you appreciate about them. At first this may be a little hard, and just keep on feeling how it made you feel to say something nice to another person. Keep smiling as you do this. *(Pause)*. Congratulations for practicing heartful communication. *(Ring bell.)*

Daily Dive — Chapter 8: Mindful Seeing

Ring bell. Today we are going to explore our inner forest using mindful seeing with the help of the Tigrillo. *(Pause)* Let's begin finding stillness shape shifting into our friend the quiet and still Sloth. *(Pause)* Breathe in *(Pause)* Breathe out *(Pause)*. Become aware of your breath and with each new breath imagine you are transforming into your inner Tigrillo *(Pause.)*

Now, as you swiftly move through your inner forest like a Tigrillo be aware of any thoughts that may arise. *(Pause)* Capture one of those thoughts as if you were taking a picture with your mind. *(Pause)* Now that the thought is still, notice, without naming or judging, the colors, texture, and forms of all you see. *(Pause)* If a thought arises, just let it pass and come back to your Tigrillo's picture *(Pause.)*

Continue your exploration and bring your attention to the memory of a place or person that brings you peace or love or security or patience *(Pause)*. Observe this image with all your attention and become familiar with its shapes, colors, textures, marks, etc. *(Pause)* Try to notice the feeling of peace, love, security, or patient that you find in the image you selected and breathe into this sensation. *(Pause)* If any other thought arises, simply let it pass without entertain it, and return to your image. *(Pause)* Bring your attention back to your breath. *(Pause)*. Observe in your mind the air going in as you inhale and out as you exhale. *(Pause)* At the sound of the bell, take three long breaths and gently open your eyes. *(Ring bell.)*

Daily Dive — Chapter 9: Heartful Gratitude

(Ring bell.) Let's reach inwardly and shape shift into our friend the quiet and still Sloth. *(Pause)* Breathe in *(Pause)* Breathe out *(Pause)*. Today we are going to explore our emotional inner forest with the help of the Dolphin. *(Pause)* Become aware of your breath and with each new breath imagine your dolphin fins growing out. *(Pause)* Imagine your face with a dolphin like smile. *(Pause)*.

Now, as you gently swim in your emotional inner river direct your attention to your Dolphin's heart. *(Pause)* Imagine a warm light at the center of your Dolphin's heart. *(Pause)* This light is your compassionate heart. *(Pause)* Notice the light expanding to the rest of your body as you breathe in. *(Pause)* Observe the light expanding beyond your body into the river and into the forest. *(Pause)* If a thought arises, just let it pass and come back to your Dolphin's heart. *(Pause)*.

Observe the light of your heart expanding further into your school *(Pause)*, your city *(Pause)*, your county *(Pause)*, the world. *(Pause)*. Now, try to notice any sensation as you spread your compassionate light into the world. *(Pause)* As you notice any sensation, become aware of any thought that may arise, simply let it pass without entertain it, and return to your compassionate heart. *(Pause)* Bring your attention back to your breath. *(Pause)*. Observe in your mind the air going in as you inhale and out as you exhale. *(Pause)* At the sound of the bell, take three long breaths and gently open your eyes. *(Ring bell.)*

Daily Dive — Chapter 10: Mindful Smelling

(Ring bell.) Let's shape shift into the mindful quiet and still Sloth. *(Pause)* Breathe in *(Pause)* Breathe out *(Pause)*. Our inner forest exploration today will take us into the world of odors. With each new breath imagine your bodies shape shifting into our friend, the Spectacled Bear. *(Pause)* Imagine your arms and legs shifting into strong bear arms and legs. *(Pause)* Imagine your nose growing like the bears' nose. *(Pause)*.

Now, pay attention to the world of odors around you. At first you might not identify a smell; no problem. Remain still with full attention to your bear's nose, breathing in and breathing out. *(Pause)* When you identify a smell, simply notice it without thinking about it. *(Pause)* Notice whether it is a pleasant or unpleasant smell. *(Pause)* As you notice the quality of the smell, notice what happens in your body. *(Pause)* What sensations can you notice related to that smell? *(Pause)* If a thought arises, just let it pass without entertain it.

Now, I invite you to bring into your mind the memory of a delicious food you like to eat. Take a moment to get closer to the plate in your mind and become familiar with it. Pay attention to the smell of the food. *(Pause)* As you identify the smell simply try to observe it without thinking. Notice how your body reacts to the memory of the smell. *(Pause)* Bring your attention back to your breath. *(Pause)*. Observe in your mind the air going in as you inhale and out as you exhale. *(Pause)* At the sound of the bell, take three long breaths and gently open your eyes. *(Ring bell.)*

Daily Dive — Chapter 11: Heartful Forgiving

(Ring bell.) Over the last few weeks we have learned ways in which we can be more mindful in the world by paying attention to our senses, such as mindfully listening, seeing, and smelling, as well as heartfully engaging with others by practicing heartful communicating, compassion, and gratitude. Today we will continue practicing forgiving. Like the sloth, let's quiet ourselves by slowly placing our hands on our lap and closing our eyes. As you take three breaths, bring your attention to the rise and fall of your breath. This means noticing the air coming in and out of your nose or focusing on the sensation of your chest expanding and collapsing. Keep noticing the air as it comes in and out of your nostrils. Continue doing this for a few more breaths and allow your body to become softer and quieter by relaxing all the muscles in your body. You might even imagine your muscles are soft like marshmallows.

Now I invite you to remember a time when someone said or did something really mean to you. As you imagine that moment and may notice your emotions change inside you, rather than getting mad or upset, stop, breath and smile and wish them love, peace, and joy knowing that happy people do not do mean things. Together let's imagine that you stay calm and that you say in your head, *"May you be happy, may you be at peace"*. Let's do that a few times in your mind. Keep taking deep breath and continue to be happy by putting a smile on your face. *(Ring bell.)* Gently open your eyes and let your happiness make other people around you happy today.

Daily Dive — Chapter 12: Mindful Tasting

(Ring bell.) In today's inner exploration we will travel as the mindful tasting butterfly! First, let's find our mindful pose by shape shift into the quiet and still Sloth. *(Pause)* Breathe in *(Pause)* Breathe out *(Pause)*. With each new breath imagine your body shape shifting into the majestic, butterfly. *(Pause)* Imagine your arms shifting into wide colorful wings. *(Pause)* Imagine your legs shifting into tarsi, the butterfly feet. *(Pause)*. Now, bring your attention to the world of flavors. Begin by paying attention to your mouth. *(Pause)* Become aware of your tongue, breathing in and breathing out. *(Pause)*. Imagine in front of you a cup of lemon juice. *(Pause)* Get closer to the cup and observe the color of the juice, the smell. *(Pause)* If a thought arises, just let it pass without entertain it. Imagine that you are drinking the lemon juice slowly. *(Pause)* As the juice passes through your mouth, notice what happens in your body. *(Pause)* What sensations can you notice related to the lemon taste? *(Pause)* If a thought arises, just let it pass without entertain it.

Now, I invite you to bring into your mind the memory of a delicious food you like to eat. Take a moment to get closer to the plate of food you see in your mind and become familiar with it. Pay attention to the colors and smell. *(Pause)* Imagine that you take a bite and try to observe the flavor without thinking about it. Notice how your body reacts to the memory of the flavor. *(Pause)* Bring your attention back to your breath. *(Pause.)* Observe in your mind the air going in as you inhale and out as you exhale. *(Pause)* At the sound of the bell, take three long breaths and gently open your eyes. *(Ring bell.)*

Daily Dive — Chapter 13: Heartful Being

Ring bell. Let's find our mindful state shape shifting into our friend the quiet and still Sloth. *(Pause)* Breathe in *(Pause)* Breathe out *(Pause)*. Today we are going to explore our inner forest traveling into our bodies with the help of the Jaguar. *(Pause)* Observe your breath and with each new breath imagine your bodies shape shifting into our friend, the Jaguar. *(Pause)* Imagine your arms and legs shifting into strong Jaguar arms and legs. *(Pause)* Imagine your body growing long and swift like a Jaguar's body. *(Pause)*.

Now, direct you attention to your Jaguar's body. *(Pause)* Notice any sensations or movement in your body, even movement inside your body. *(Pause)* Just observe the sensation or movement without entertaining any thoughts. If a thought arises, just let it pass and come back to your Jaguar's body. *(Pause)* Breathe into the sensation until it disappears or until another sensation grabs the mind's attention *(Pause)*.

Now, try to notice whether the sensation is a pleasant or unpleasant sensation. *(Pause)* As you notice the quality of the sensation, become aware of any thought that may arise, simply let it pass without entertain it, and return to your body. *(Pause)* Bring your attention back to your breath. *(Pause)*. Observe in your mind the air going in as you inhale and out as you exhale. *(Pause)* At the sound of the bell, take three long breaths and gently open your eyes. *(Ring bell)*.

Daily Dive — Week 13: Mindful Walking

(Ring bell.) The sloth is inviting you to sit quietly and observe your inner forest to discover what is living inside you. Place you hands on your lap, and gently close your eyes. Like our friend the jaguar, we will be carefully walking through our inner forest to discover the various sensations that live inside of us. Our adventure will begin at the nose. Notice any sensations that are there without judging them. At first you may not sense anything. Just stay focused on your nose until you begin sensing a sensation. It might feel like tingling, or the coldness or heat. *(Pause)* Now let's travel our inner rain forest and bring your attention to your shoulders. You might have thoughts that come into your mind as you are doing this and just let them float away like butterflies. *(Pause)* Now bring your attention to your arms. Notice the sensations there. Are they tight, relaxed, heavy or light. Keep paying attention to your arms until you feel them come alive. *(Pause)* Let's continue exploring our inner forest and notice the sensation of your legs. Explore each part of both legs your thighs *(Pause)*, your knees *(Pause)*, your calves *(Pause)*, your ankles *(Pause)*, your feet *(Pause)*, your toes *(Pause)*. Breathe deeply with each body part you explore and discover new sensations along the way. *(Pause)* If there is a sensation that makes you uncomfortable, just pay attention to it without reacting. Know that your inner forest is safe here and nothing will happen to you as you are exploring your rainforest. Just breathe and relax into what is happening inside. *(Pause)* Congratulations for your rainforest adventure. Let's take three mindful breaths. One. Two. Three. And gently open your eyes.

Daily Dive — Chapter 14: Heartful Living and Soaring

(Ring bell.) Today we will invite all the animals that have taught us to be heartfulness over the last few weeks; the armadillo, the anaconda, the macaw, the pink dolphin, and the little red brocket deer. All of them have helped us learn to be in our hearts in different ways. Let's invite them all in so we can remember how it feels to live from our hearts. And when we do that, we can soar high into the sky like the great condor. So let's get started. Sit still like the sloth and gently close your eyes. I invite you to take a deep breath and let go of all your distractions. *(Read slowly and give time between each sentence.)* As you begin to soften your muscles, quiet your thoughts and become more aware of your breath. Now pretend you are a condor sitting quietly on a branch looking at all the animals of the rainforest. Patiently you look around and feel safe perched up high above the ground. From there let's start sending good thoughts to all the animals that taught us how to be in our hearts. Now think of one of the animals and imagine that you are telling them thank you for what they shared with you. Feel the appreciation and love you have for them and what they taught you. Be grateful for their teachings and know that you are happier as a result of it *(Pause.)* Now fly and go and meet another animal that shared with you. Imagine again your heart filled with happiness and joy for everything they shared. Choose one last animal and do the same. Pay attention as to how it makes you feel to say thank you for all the gifts you received. Now, imagine that you lift off from your branch and begin to soar higher and higher with happiness and gratitude. Notice that sensation around your heart. You are so happy that you begin to smile and slowly make your way back down to perch yourself gently back on your branch. Taking a final deep breath, gently open your eyes. *(Ring bell.)*

Daily Dive — Chapter 16: Mindful Living and Peace

(Ring bell.) Over the last several weeks you have met many animals of the rainforest that have taught us to be mindful. As you have discovered, practicing mindfulness and heartfulness help us pay attention to what is happening inside of us. This allows us to manage our emotions and thoughts so we can choose how we are going to act in the world. Today we will invite our friends the manatees and imagine that we are floating down a river. Sit quietly like the sloth and put your hands on your lap while gently closing your eyes. Sense the weight of your body on the chair and begin to imagine that you are a manatee floating down a river very slowly. Notice how it feels in your body when you imagine floating calmly down the river. Each movement is slow and deliberate and occasionally you float up to the surface to take a big breath of air before returning to the river floor to eat. In the distance you see other manatees and yet they do not disturb you. You simply go on your way peacefully not bothered by their presence or what they are doing. You are completely at peace inside yourself. Notice that peace inside your body. Allow yourself to know how it feels to be peaceful. Continue taking deep breaths as you continue floating down the river gracefully without any worries. You might even smile at observing the birds, trees, and other animals you meet along the way. As you surface to catch another breath of air, see the beautiful condor soaring high in the sky reminding you to continue to be in your heart. You take a moment to smile and be thankful for the condor, taking another deep breath, and gently open your eyes. *(Ring bell.)*