

3 Guided Practices to Find Calm and Equanimity

Resilience expert Linda Graham shares three ways to use awareness and deep breathing to ground ourselves throughout the day.

BY [LINDA GRAHAM](#) | JULY 13, 2020 | [GUIDED MEDITATION](#)



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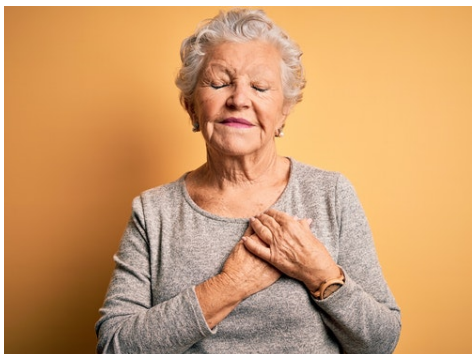
In this guided meditation, resilience expert Linda Graham shares three ways to ground ourselves throughout the day. Follow along as we're guided through an affectionate breathing practice, the hand over heart practice, and a visualization practice.

5. **Let the warm feelings from that moment wash over you.**

3. A Visualization Practice to Call on a Compassionate Friend

1. **Sit in a comfortable position.**
2. **Focus on the gentle rhythm of your breath** and use it as an anchor for this practice.
3. **You can place your hand over your heart**, if you choose, to bring a warmth to your experience.
4. **Imagine that you are in your own safe place**—somewhere you feel relaxed and protected.
5. **Imagine a welcomed visitor coming to your safe place.** It can be someone you know or an imaginary friend.
6. **Bring a worry or a concern you have to mind.** Then, share that thought with your compassionate friend.
7. **Notice how it feels to share.** Imagine your visitor responding with what you need to hear right now.
8. **Notice anything that may have shifted** and how you relate to your worry or concern now. When you're done sharing, imagine your friend kindly leaving.

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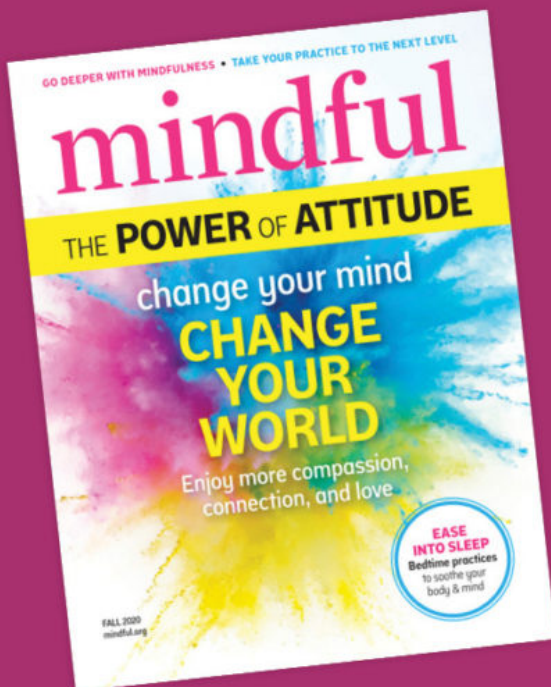
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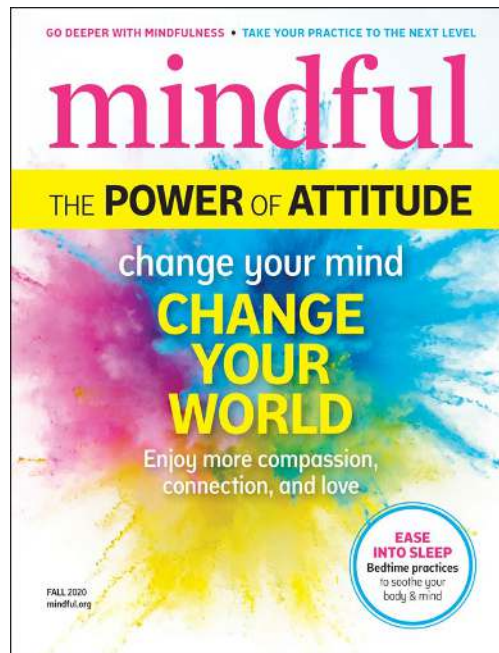
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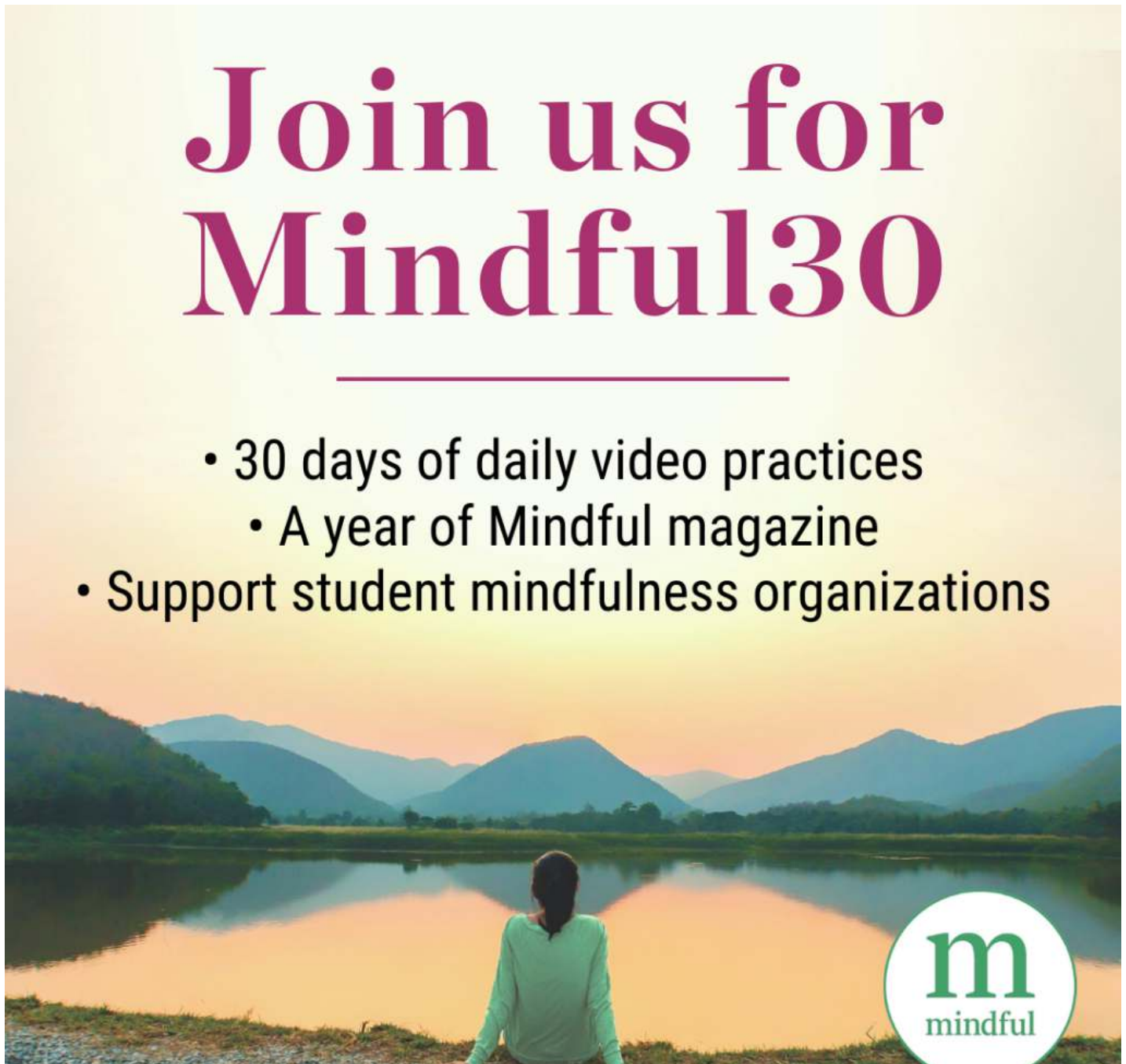


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1. Affectionate Breathing

1. **Sit in a comfortable position.**
2. **Notice any tension or discomfort** you may feel in your body and release it.
3. **Begin to notice your breath flowing in and out.** As you do that, bring a loving awareness to the physical sensations of breathing.
4. **Notice that with every breath in, you are nourishing your body.** And with every breath out, you are soothing your body.

2. The Hand Over Heart Practice

1. **Place your hand over your heart** so that you feel the warmth of your hand against your chest.
2. **Breathe gently and deeply** while focusing on the warmth of your hand over your heart.