

# FROZEN ORANGE MEDITATION

## IN 5 MINUTES

1-PUT A RIPE ORANGE IN THE FREEZER. WHENEVER YOU HAD 5 MINUTES TO MEDITATE, TAKE IT OUT AND HOLD IT IN YOUR HANDS.

2-SLOW DOWN YOUR BREATHING AND RELAX YOUR SHOULDERS. CUP THE ORANGE IN BOTH HANDS AND FOCUS ON ITS COLDNESS.

3-LOOK AT THE ORANGE, NOTING ITS COLOR AND SHAPE. COUNT THE DOTS ON THE SKIN.

4-SCRAPE THE PEEL WITH YOUR FINGERNAIL, TAKING NOTE OF ANY JUICE THAT SPRAYS OUT.

5-SMELL THE SCRATCHED AREA OF THE PEEL. THEN PEEL THE ORANGE.

6-AS YOU REMOVE THE OUTER RIND, IMAGINE DEPOSITING YOUR STRESS AND ANXIETY INTO THE PEEL. WHEN YOU'RE FINISHED PEELING, THROW THOSE "FEELING PEELINGS" INTO THE TRASH.

