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.