

# Five Minutes' Peace

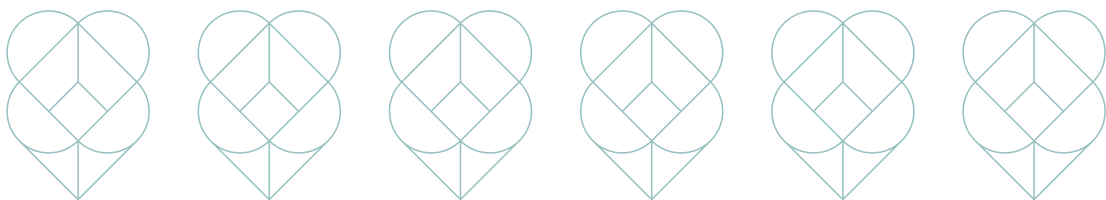
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*“Conceptual knowledge is so valued in our world. Yet in many cultures wisdom is equated not with knowledge but with an open heart.” — Joan Halifax*

## What to do:

- Find an appropriate soundtrack on your phone or other device. Look for ocean waves or sounds of nature. Or, find some instrumental music that you find particularly soothing.
- Put on the sounds or music.
- Set a timer for five minutes.
- Listen to the sounds. Be immersed in the sound.
- Allow your body to rest.
- Allow your shoulders to lower and your face to soften.
- Allow yourself to feel the weight of your body supported by the Earth.
- Just enjoy the peace for five full minutes.

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## Why it is worth doing:

This is an exercise about practicing presence with the gentle sounds of nature to accompany you. This is neither a guided meditation nor a chance to fiddle around on your phone. This is a chance to be fully present with yourself and with calming and soothing sounds. Taking time for peace feels counterproductive, but in fact, it's one of the most productive things you can do. Athletes don't run forever. They rest. They rest before each race or game. They restore their bodies. You are the same. You need a break to be present for others. It is indulgent, but in the best possible way. You are indulging your root needs. Give yourself peace, for just five minutes.

## If you have more time:

Take a nap. It may feel impossible to carve out the time, but rest is transformative. If you happen to secure yourself a 20-minute block, try lying down for a full power nap. You don't have to sleep. Just close your eyes and rest your whole being. Let the darkness and quiet soothe you. Let go of all the "shoulds" that are rattling around inside your head. Rest is necessary.

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