

RESTING OUR HANDS

This is a simple exercise you can do several times a day.

For a few seconds, let your hands be completely still. Place them in your lap and focus your awareness on the subtle sensations. Take a few breaths, directing the breath down your arm, into your hands, right through to the fingertip.

Our hands are very busy every day and this may be a way to evaluate our mental ease or discomfort. Some of the anxiety or discomfort we feel in a situation may be seen in the way we wring our hands, pick at our nails, crack our knuckles. We may notice when we are driving that we tend to grip the steering wheel very tightly. Notice this unconscious habit of gripping the wheel. Notice other places that you are gripping or holding on very tightly with the hands. When you notice this, relax the hands and breath through them. These are habits we do unconsciously and you may have to do the exercise many times.

When we relax our hands, the rest of the body and then the mind can follow. It's a small way of quieting the mind that you can do anywhere.