

Experience Your OASIS

- Sit comfortably with both feet on the ground.
- Clear your mind, push out all noise going on in your mind, drop all worries and things you need to do in a basket; you can come back to it.
- Go through each part of your body, tensing and then relaxing/letting the tension drain from your body (feet, legs, torso, arms, hips and thighs, stomach, spine, chest, shoulders, head).
- Go to a place that is special for you and feels alive and safe. This can be a place you have experienced before, a real place or an imaginary place. (Perhaps it is the beach, the mountains, a city, a home, or an imaginary place.)
- What do you notice, see and hear?
- How do you feel in this oasis?
- Allow your worries and anxiety to release further. Be fully present.

Practice coming to this place. As you experience such moments in life make a plan to capture the sensations and emotions. Notice your open stance in your oasis.