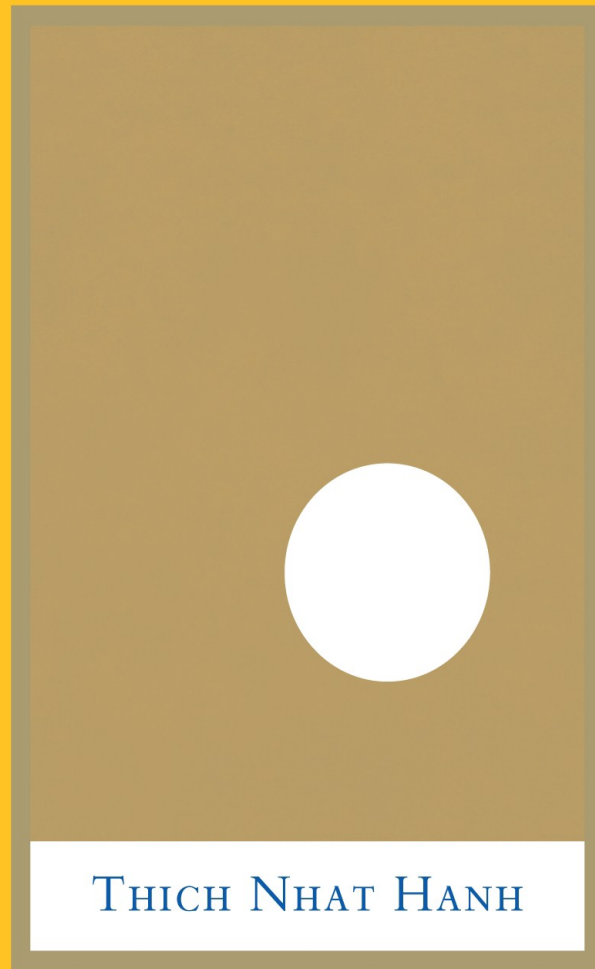


YOU ARE HERE

*Discovering the Magic
of the Present Moment*



♦ S H A M B H A L A L I B R A R Y ♦

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Photo by [Penguin Books Australia](#).

This book is like a manual for day-to-day living, written by a Buddhist Zen Master named Thich Nhat Hanh. I highly recommend it. You can buy it online for \$12.

What I want to highlight is a meditation Hanh prescribes for people feeling overwhelmed. Some call it a “meditation poem.” It’s very short:

- In, out.
- Deep, slow.
- Calm, ease.
- Smile, release.

Per Hanh’s instructions, I practiced reciting the poem in my mind while I breathed as follows:

As I inhaled, I would focus on the word “In.” As I exhaled, “Out.”

Inhale, “Deep.” Exhale, “Slow.” .”

Inhale, “Calm” Exhale, “Ease.” .”

Inhale, “Smile.” Exhale, “Release.”

You get the idea.

You don’t even have to worry about modulating your breathing. In fact, Buddhist practice is generally to let your breath do what it wants to do during meditation. But you will find that the mere act of monitoring your breath causes you to breathe gently.

When your thoughts are chaotic and unmanageable, Thich Nhat Hanh’s poem will help you soothe your mind, help you relax, focus , and definitely sleep better. And you can breathe into any area of tension or pain in your body — your back, your joints, your stomach , your mind. — and try to *inhale directly into the source or your discomfort*. As you exhale feel the intensity gradually decrease further with each breathe, as if you are blowing it out of your body.

Hanh’s meditation poem is the most portable life-enhancing tool you will encounter. It’s easy to memorize, and it’s very effective. You can incorporate it into your daily life without setting aside time for meditation, and I hope you will.

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