

This is Scott Holmes. And this is the Foursquare meditation.

Find a quiet space. If it's the middle of your day find a space in a bathroom. If it is the first thing in the morning, lie in bed. Find a quiet space in the house before everybody wakes up, but find a space where you can be quiet for just 5 minutes.

Take a deep breath in. And all the way out, all the way down to your hips. Take a regular breath. Relax.

Now what we're going to do is breathe in for four, hold it for four, breathe out for four, hold it for four, and we're going to do that four times. Let the sound of my voice count for you.

Breathe IN 2-3-4. Hold 2-3-4, Blow Out 2-3-4, Hold 2-3-4.

Breathe IN 2-3-4. Hold 2-3-4, Blow Out 2-3-4, Hold 2-3-4.

Breathe IN 2-3-4. Hold 2-3-4, Blow Out 2-3-4, Hold 2-3-4.

Breathe IN 2-3-4. Hold 2-3-4, Blow Out 2-3-4, Hold 2-3-4.

Breathe normally.

Anytime you are stressed, can't go to sleep, need a break, or want to break the cycle in your mind, do a Foursquare Breath. Count in and out to 4. Four times.

It rewires your nervous system and allows you to be much more present in your day.