

“I Missed My Train!” Meditation

You hear it first. Your train is coming into the station. All you need to do is run! RUN! Run through the station! Run down the stairs! Now you can see it. It's right there and...No! No! The doors are closing. Wait! Oh, no! It's leaving, and you're heaving after a breathless run to try to get on board. Now what?



You want to scream, curse, or even hit the train as it whizzes past (who's that gonna hurt?). Rather than getting yourself all riled up, how about a little mindfulness-based meditation instead? (Of course, be sure that it is safe for you to conduct a meditation at this time. If you notice anyone behaving erratically or if you have any concerns about taking attention away from your surroundings, then do not do the meditation. If things are secure, then go ahead.)

1. Your heart rate is up, so you're going to need to walk a little briskly down the platform. You can't just "stop and drop" into a breath meditation without some transition, after all.
2. Keep your head level and parallel to the floor looking straight ahead.
3. Gradually slow down the pace of your walking. As you do, turn your attention to the sensation of your feet hitting the floor of the station.
4. As you slow down, gently lower your gaze--not your head--so that you gradually are looking at an area that is closer and closer to you.
5. As you slow to a stop, turn your body to face the area where the train doors will open then the next one arrives. Be sure to keep a safe distance away from the edge of the platform, though!
6. Very gently and subtly, shift your body weight back and forth to each side. You can imagine "pouring" yourself into one leg as the other "empties", then vice versa.
7. Gradually bring your body closer and closer to the center line as your shifting becomes less and less apparent. Slow to a stop, and focus your attention on your feet rooted to the floor. _
8. Breathe naturally and mindfully.
9. Note the periodic urges to look into the tunnel for signs of an approaching train. Do not turn. Simply return your attention to your breathing.
10. As you hear the next train approaching, become aware of the sounds and whoosh of air coming through the station. Keep your eyes focused forward and notice the train as it enters your field of vision.
11. As the train nears to a stop, note one final breath and congratulate yourself for this mini meditation.
12. Enter the train when the doors open and proceed to your destination.