

Telephone Meditation

- **First ring** - not jumping straight away to answer the phone

Breathing in, I calm myself.....breathing out I smile

- **Second ring** - the same with more calmness and a more secure smile

- **Third ring** - if the person really wants to talk to me they will wait

I am grounding myself..... and I am centred in my body

- **Fourth ring** - I walk with calmness and dignity to the phone

And/or, I gently pick up the phone with calmness and dignity

Still breathing and smiling when I answer

I am my better self and this is good for me and good for the person who is calling