five good minutes

100 morning practices to help you stay calm & focused all day long
Publisher’s Note

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering psychological, financial, legal, or other professional services. If expert assistance or counseling is needed, the services of a competent professional should be sought.

Distributed in Canada by Raincoast Books

Copyright © 2005 by Jeffrey Brantley and Wendy Millstine
New Harbinger Publications, Inc.
5674 Shattuck Avenue
Oakland, CA 94609

First in the Five Good Minutes™ series

Five Good Minutes is a trademark of New Harbinger Publications, Inc.

Cover design by Amy Shoup
Text design by Amy Shoup and Michele Waters-Kermes
Acquired by Tesilya Hanauer
Edited by Brady Kahn

ISBN 1-57224-414-3 Paperback

All Rights Reserved

Printed in the Canada

New Harbinger Publications’ website address: www.newharbinger.com

12 11 10

15 14 13 12 11 10 9
Each of us has a radiant inner fire of beauty, strength, and wisdom. The problem is we forget how to keep the embers glowing. In the dampness of boredom or just forgetfulness, we burn out and turn off. We may not notice at first, but over time our light of hope gets extinguished by neglect. Use the following candle meditation as a guide to rekindle your inner light.
① Start by lighting a candle by your bedside or at your table to accompany you in your morning routine.

② Stare into the flickering flame and imagine the same flame igniting in the center of your soul.

③ Imagine this fire as the source of your hope, your dreams, your blessings, and your happiness.

④ Feed the flame by offering it protection, compassion, and understanding.

⑤ Remember to acknowledge your inner light daily.

Change your life in just five minutes!
five good minutes at work

Jeffrey Brantley, MD
Wendy Millstine, NC

100 mindful practices to help you relieve stress & bring your best to work
It’s easy to become unconscious of and disconnected from the people and things that surround you in everyday working (and home) life.

There is a cost for this inattention and disconnection. It includes loss of motivation, feelings of boredom, even neglect of responsibilities.

Try motivating yourself by seeing something new in everyday situations.
① Pick any situation or task that comes up repeatedly. The next time you encounter it, just before engaging, close your eyes and breathe or listen mindfully for about a minute.

② Set your intention. For example, “May this practice help me see with fresh eyes.”

③ Breathe or listen mindfully a bit longer.

④ Open your eyes to the situation. Look with interest and curiosity, as if seeing it for the first time.

⑤ Now look even more closely. Note objects, people, space, activity.

⑥ Let friendliness and curiosity support you. What do you see now?

Five minutes to a happier, more productive workday!
five good minutes in the evening

100 mindful practices to help you unwind from the day & make the most of your night
Publisher’s Note

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering psychological, financial, legal, or other professional services. If expert assistance or counseling is needed, the services of a competent professional should be sought.

Distributed in Canada by Raincoast Books.

Copyright © 2006 by Jeffrey Brantley and Wendy Millstine
New Harbinger Publications, Inc.; 5674 Shattuck Avenue; Oakland, CA 94609
www.newharbinger.com

Second in the Five Good Minutes™ series

Five Good Minutes is a trademark of New Harbinger Publications, Inc.

Cover design by Amy Shoup; Text design by Amy Shoup and Michele Waters-Kermes
Acquired by Tesilya Hanauer; Edited by Jasmine Star

Library of Congress Cataloging-in-Publication Data

Brantley, Jeffrey.

Five good minutes in the evening : 100 mindful practices to help you unwind from the day and make the most of your night / Jeffrey Brantley and Wendy Millstine.

p. cm.
ISBN-10: 1-57224-455-0
BF637.M4B726 2006
158.1’2—dc22
2006014693

08 07 06  10 9 8 7 6 5 4 3 2 1
First printing
Have you ever been doing something fun only to realize afterward that your attention has been elsewhere? Take five good minutes to explore the power of paying attention on purpose in the midst of having fun. Let your whole self have some fun!

1. Sit and breathe or listen mindfully for about a minute.
2. Set your intention. For example, “May this practice awaken joy and ease in me.”
3. Choose a favorite fun activity and start doing it.
For the next few minutes, open your awareness and attend to the experience as it unfolds and flows through all of your senses. Notice sensations, sounds, smells, and tastes; acknowledge your thoughts; and recognize and receive all the pleasant feelings that arise.

Paying attention on purpose without judgment, let the whole experience come to you through all of your senses.

Bring your attention back to your fun activity whenever your mind wanders, and do so without any judgments or critical thoughts. You have not made a mistake just because your attention wandered.

Inhabiting your whole being—your heart, mind, and body—be present for the fun!

More mindful practices for an evening of calm, serenity and joy!
five good minutes in your body

100 mindful practices to help you accept yourself & feel at home in your body

Jeffrey Brantley, MD
Wendy Millstine, NC
When faced with confrontation, your body may want to become smaller, as you shrink from dealing with the troubling issue. You might hide or distract yourself from facing a possible quarrel. You might feel scared and inadequate. But when you shrink from expressing your feelings aloud, you minimize how important good communication is to you and the other person, whether it’s your partner, friend, parent, or child. The next meditation will help you to feel
grounded, right-sized, and capable of coping with the challenge of communicating your needs.

① The next time a confrontation cuts you down to size, observe your posture. Are you slouching, drooping, or feeling discomfort in any parts of your body?

② Breathe into the parts where you feel tension, and feel yourself more firmly and consciously rooted in your body.

③ Notice how you might adjust your body to sit or stand taller and more upright, with your shoulders back and head held high. As you elongate your spine, you are becoming more right-sized, equal to others, with the courage to stand up to
Five Good Minutes with the One You Love: 100 Mindful Practices to Deepen & Renew Your Love Every Day

Jeffrey Brantley, MD
Wendy Millstine, NC
Be a warrior for love! Be aware that everywhere you go, everyone you meet, and every situation that you face can be an opportunity for radical infusions of love. As a love activist, never doubt that you can have a profound effect on your family, friends, neighbors, and community. One small selfless act of loving kindness, such as bringing in an empty garbage can for a neighbor, sending an affectionate card to a friend, or writing a gratitude letter to your partner, can have a
positive ripple effect. Take this mindful moment to wholeheartedly make a declaration to love as many people as possible.

① Start with your immediate family members, friends, and then community.

② Say their names aloud and consider a simple loving act that you could do for them, such as keeping them in your prayers or sending them all ceaseless joy and good health.

③ Take notice of how it feels to open your heart to abundant love for everyone. Do you feel joyful, excited, or hopeful? Do you feel a sense of lightness in your body?

Radical acts of love fan the flames of kindness throughout the world. ❤️

More practices to help deepen your relationship!