

## Standing-in-Line Meditation

In our daily lives, we often find ourselves having to wait in line. Sometimes we get irritated by the wait. It can be the checkout line at the supermarket, the security-check line at the airport, or the pickup line at our child's school. Being in a line is a great opportunity to sneak in mindful breathing and refresh yourself.

Breathing in, I use this time just for myself, to unite my body  
and mind.

Breathing out, I feel refreshed.

