



AMPLE  
+  
ROOTED

AN INCLUSIVE THERAPY PRACTICE

A HOME FOR THE WHOLE YOU.



## WELCOME

I'm so glad you're here. Whether you're looking for support for yourself, a loved one, or as a professional, we're honored to be a part of your journey.

At Ample + Rooted, we believe you are the expert in you and that it is your birthright to inhabit, trust, and honor your physical and emotional selves without shame. We believe healing and belonging are profoundly vital in creating a more equitable and just world. We believe compassion, pleasure and embodiment lead the way toward healing and liberation.

There are many systems of oppression that disconnect us from our inner knowing. We believe mindfulness and meditation are key to embodying your whole self, building resilience for moving through discomfort, and developing unconditional radical compassion. We curated this guide for you to help introduce the power of mindfulness and to provide some guidance on where to start.

We encourage you to explore this guide, see what you feel called to, take what works and leave the rest. Please feel free to share with a loved one if you find this guide helpful!

And if you'd like some further support with what you discover, we're here for you. Please just reach out to us.

Warmly,

Neathery Falchuk



A photograph of a stream with large, weathered logs in the foreground and water flowing in the background. The logs are light-colored with visible grain and texture, some partially submerged in the dark water. The water is dark and reflects the surrounding environment. The background shows more logs and some greenery.

“YOU ARE THE SKY.  
EVERYTHING ELSE- IT’S  
JUST THE WEATHER.”

-PEMA CHODRON



# JOURNAL PROMPT

Do you hold any of the myths about mindfulness listed above? Use this space to reflect on what you believe mindfulness is, or isn't, and what blocks might show up for you as you practice present-moment awareness.

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# WHY PRACTICE MINDFULNESS?

## BENEFITS OF MINDFULNESS INCLUDE:

- > Sharpened attention
- > Increased resilience to stress
- > Increased sense of empathy and warmth for self and others
- > Lessened anxiety, depression, and ruminating thoughts
- > Improved physical symptoms such as blood pressure, pain, cortisol levels, and more
- > Better sleep
- > Improved and more satisfying relationships
- > Reduced bias
- > Enhanced positive outlook
- > Boosts creativity
- > Promotes insight and clarity
- > Protection against cognitive decline due to aging



# JOURNAL PROMPT

What is your “why?” Whether you’ve been practicing mindfulness for decades or you are at the start of your practice, it’s helpful to remain connected to the intention behind your practice. Please use this space to reflect on why you want to weave mindfulness into your daily life.

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# MINDFULNESS PRACTICES

Now that we've explored more about mindfulness, we'd love to offer you some of our favorite introductory mindfulness practices.

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## ON THE SPOT MINDFULNESS

Mindfulness can be practiced anywhere, anytime! Next time you are brushing your teeth, washing the dishes, listening to music, taking a walk, or listening to a loved one, practice these steps:

- 1 Notice your surroundings
- 2 Observe with the senses you have available to you: what do you see? Smell? Touch? Hear?
- 3 Slow down
- 4 Allow any thoughts or judgments to float by like clouds in the sky
- 5 Bring back awareness when you notice the mind wander



## ANCHOR IN THE PRESENT MOMENT

This grounding practice can help anchor you to the present moment and bring a sense of calm. To begin, take a slow, deep breath. Then,

- > Notice 5 things you can see around you and say them out loud
- > Notice 4 things you can touch
- > Notice 3 things you can hear
- > Notice 2 things you can smell
- > Take 1 deep, slow breath

# MINDFULNESS PRACTICES

Allow yourself a few minutes to check in with your body and invite the body to release tension. To begin, find a comfortable place and ask your body if laying down or sitting upright is preferred.

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## BODY SCAN

- > Once comfortable laying down or sitting up, invite the eyes to close gently, if that feels good for you
- > Bring your attention to your body and notice where your body is seated, notice where your body makes contact with support
- > Take a few deep breaths
- > As you inhale, notice your lungs fill with air
- > As you exhale, notice your body release any tension and relax more deeply
- > Bring awareness to the top of your head and begin to slowly shift awareness through your entire body all the way down to your toes
- > As you slowly move your awareness, notice any tension in your body



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- > When you notice tension, pause and invite an inhale to bring awareness to this area of tension and on your exhale, invite the tension to release
  - > Continue to scan your entire body slowly and pause when you notice tension
  - > Remain curious and non-judgmental
  - > Slowly inhale and slowly exhale releasing tension
  - > Invite yourself to scan your body as many times as necessary to reach a desired state of relaxation
  - > Continue to soften your body slowly as you scan and breathe
  - > When you feel complete, drop the awareness of your body and allow yourself several cycles of deep, slow breaths
  - > When you feel ready, slowly bring attention to the sounds of the room around you and gently allow the eyes to open

## FOUR PART BREATH

Cultivate a state of healing and peace by paying attention to your breath.

- 1 Inhale through your nose for a count of 4
- 2 Retain the breath for a count of 4
- 3 Exhale through your nose for a count of 4
- 4 Pause for a count of 4

Continue this cycle of breathing for however long you choose.

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## LOVING KINDNESS MEDITATION

You can choose to recite the loving kindness meditation whenever you need to be reminded of this unconditional compassion. We recommend adding this to the end of your mindfulness meditation.

- > May I be safe.
- > May I be happy.
- > May I be free from inner and outer danger.
- > May I be at peace.

Allow yourself a few moments of breathing in these wishes. If you feel ready, you may extend these wishes to a loved one or a community, perhaps even to someone who has been difficult in your life. Continue to breathe in and breathe out bringing awareness to the feelings of forgiveness, connection, and compassion.

## MINDFULNESS MEDITATION

This is a practice of shamatha meditation which means single pointed concentration. For this practice, it is recommended to remain sitting, however please lay down if that feels more comfortable for you. Once you find a comfortable spot, let's begin:

- > Whether you are sitting or laying, please ensure your back is lengthened
- > Keep your shoulders relaxed and your chest open
- > Allow the eyes to soften and your lips gently parted
- > Let the tongue be soft and your jaw relaxed
- > Bring your awareness to the breath
- > Simply focus your attention to the sensation of breathing in through your nose and out through your nose
- > As you remain focused on your breath, allow your inhales and exhales to slow and deepen
- > After a few minutes, allow a short pause between each inhale and exhale
- > Choose an affirmation to say to yourself as you inhale and exhale
- > Inhale: "I am here now"
- > Exhale: "I am safe"
- > When thoughts want to distract you, simply state "I love you" and bring your attention back to your breath
- > Continue for however long feels comfortable for you

# JOURNAL PROMPT

Mindfulness allows us the ability to reconnect with our inner wisdom. We've provided a few journal prompts to help you deepen any further insight that might be arising after exploring the above practices.

Take a moment to check in with yourself and reflect on your experience of any of the above practices. How did it feel? What did you notice come up (thoughts, feelings, sensations)? What felt difficult? How do you feel now after practicing?

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**WHAT'S BETWEEN YOU AND BEING AT  
HOME IN YOUR BODY?**

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**TO QUOTE MARY OLIVER, "WHAT IS IT  
YOU PLAN TO DO WITH YOUR ONE WILD  
AND PRECIOUS LIFE?"**

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## RECOMMEND APPS

LIBERATE

(CREATED FOR AND BY BIPOC COMMUNITIES)

INSIGHT TIMER

CALM

HEADSPACE

## RECOMMEND READING

***Aware: The Science and Practice of Presence***

By: Daniel Siegel

***When Things Fall Apart***

By: Pema Chodron

***Don't Tell Me to Relax: Emotional Resilience in the Age of Rage, Feels, and Freakouts***

By: Ralph de la Rosa

***Radical Acceptance***

By: Tara Brach

***Radical Dharma: Talking Race, Love, and Liberation***

By: Rev. angel Kyodo Williams, Lama Rod Owens, and Jasmine Syedullah

***Love and Rage: The Path of Liberation through Anger***

By: Lama Rod Owens

