Wash With Attention: A Two-Minute Practice



You don't need a bath, a ritual or a belief to begin. You need a sink, running water and two minutes. This practice is about noticing, not performing.

1. **Pause.** Stand at a sink. Put down your phone. Let your shoulders drop.
2. **Start the water.** Notice its sound and its temperature before it touches you.
3. **Wash slowly.** Wash your hands, then your face, as if for the first time. Feel the water on your skin, and notice where it is warm and where it is cool.
4. **Stay with one sensation.** When your mind wanders, return to the water on your skin.
5. **Finish.** Turn off the water. Take a moment with your hands on a towel.
6. **Notice.** How do you feel? You don't need to change anything.

Evening option: Orr's practice was a full warm bath. If you have one, make it unhurried: warm, not hot, with the phone elsewhere, and a few minutes of simply being in the water. A warm bath or shower one to two hours before bed is also associated with falling asleep faster.

Safety note: Use comfortable water, never scalding. Take care getting in and out of a bath. Never combine intense or connected breathing with a bath, tub, pool or any water. If you are pregnant, have heart or blood pressure problems, or feel faint in heat, skip the hot bath and use the sink version. Stop if you feel uncomfortable at any point.

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