Clear Your Mind with this Two-Minute Meditation

Spring signals a rebirth.. a chance to clear the slate, unload the unnecessary and start anew. Often thoughts of self-care and wellbeing begin to rise to the surface around this time. Letting go of old, unhealthy patterns and creating healthy ones.

While this can seem like a daunting task, it doesn’t have to be. Yoga teacher Carrington Jackson says that the practice of letting go can be as simple as getting quiet, breathing and intentionally detaching from whatever obstacle is in your way. She shared with us a short, step-by-step meditation to help clear the path and let go of the clutter that clouds our thoughts or actions.

Two-Minute Meditation

1. Take a comfortable seat and set a timer for two minutes.
2. Take a few deep clearing breaths and then return to a steady pace of breath.
3. On your inhale, say to yourself “Let”, On your exhale say to yourself “Go”.
4. Repeat this pattern until the timer goes off.
Get to Know The Colorado Health Foundation’s Karen McNeil-Miller

This voice will excite and inspire our guests at HerDU, this month. Karen McNeil-Miller describes social and human impact as the center of her life’s work. As the president and CEO of the Colorado Health Foundation, Karen helps guide the Foundation to determine the most impactful investment of human, financial and influence capital on behalf of the Coloradans who need it the most.

At the Foundation since September 2015, Karen describes the Foundation’s mission as a key driving force in her life. She says, “I chose this important field of work to be on the ground in Colorado communities and to get closer to those in need – many through no fault of their own – and assist in every way I could.”

Karen joined the Foundation after serving for more than 10 years as the president of the Kate B. Reynolds Charitable Trust, one of North Carolina’s largest private foundations. Under her leadership, the Trust evolved into a strategic, impact-driven foundation with a national presence on issues ranging from rural health to access to care.

Before joining the Trust, Karen spent 16 years with the Center for Creative Leadership, an international leadership development and research nonprofit organization headquartered in Greensboro, North Carolina. During her tenure, Karen developed expertise in individual and organizational leadership development, succession planning, strategic thinking, team building, diversity, executive coaching and leading change and transitions.

Karen lives each day knowing that good health impacts every element of our lives. A former special education teacher and head of the Piedmont School in North Carolina, Karen is active within the nonprofit community and national and regional philanthropic and rural health organizations. She is a board member of the Denver Metro Chamber of Commerce and Denver Academy.

You can watch Karen in action [here](#) and [here](#).