

4. Then, with this person still held in mind, reflect on a more recent time you were with them. Again, allow this sensory impression to come to you and rest with it.
5. As memories or tender feelings surface, allow them to become the object of attention for a few moments, noticing the arising and passing away of thoughts, feelings, and body sensations, as you breathe.

Gently release a sense of this person and, should you wish to continue the practice, bring to mind another person. Slowly and with deliberation, repeat the process of reflecting on one of the first times you met and then on a more recent time. If the person or pet has passed away or you have not seen the person in a while, it is fine if the more recent time is many years ago.

You'll find that this is a portable practice that you can do anytime. So that you might have a taste of its fruits, take a few moments now and practice by bringing one person to mind for a few minutes.

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Mornings and evenings tend to be good time to practice on a regular basis, with drop in moments of practice available to you throughout the day. The instructions are intuitive, easy to remember, and you'll find it easy to guide yourself. You can also listen to [this 10-minute guided practice](#).

As you practice, take comfort in the gift of connection and the meaningfulness of sharing time together with another person — be it a person from childhood or school, a dear friend or family member, or someone with whom you work, open to the wisdom and compassion of knowing that everything changes with the passage of time.

If you have a question about mindfulness and integrating it into the practice of law that you would like answered in this column, send it to srogers@law.miami.edu.



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