



# WABASH CENTER

For Teaching and Learning in Theology and Religion



## 4 Step Christian Mindfulness Practice

Amy Oden, *Saint Paul School of Theology*

Blog Series: Teaching with Digital Media

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Tags: self care | contemplation | meditation

Amy Oden offers this Christian mindfulness practice for faculty and students who may need to pause occasionally during this time of disruption and anxiety in order to be more fully present. The practice draws on attentive breathing and embodiment from traditions of Christian spiritual practice. In this audio file, Oden walks through the 4 steps of 1) attentive breathing, 2) attentive embodiment, 3) acknowledgement and 4) discovery as outlined in her book, *Right Here, Right Now: The Practice of Christian Mindfulness* (Abingdon Press, 2017).

4 Steps To Christian Mindfulness Audio File

Dr. Oden is also featured as a guest in the Wabash Center's *Dialogue On Teaching* Podcast. Episode 10 - A Teacher's Imagination during the Crisis: Conversation with Amy Oden

<https://www.wabashcenter.wabash.edu/2020/03/4-step-christian-mindfulness-practice/>