



# Breathing Meditation

## A MINDFUL BREATHING EXERCISE

Begin by sitting, either on a stool or a cushion or a chair. If sitting on a chair coming away from the back of the chair so your spine is erect and self-supporting.

Your feet are flat on the floor. Your back, neck and head are in-line, erect but not stiff.

Shoulders dropped and relaxed so that your posture embodies a sense of dignity, of being awake.

Letting your eyes close if that feels comfortable for you or lowering your gaze.

Coming now to focus on your breathing.

Noticing the sensations of each in-breath and each out-breath (PAUSE).

Don't alter your breath in anyway.

Just notice each breath coming in and each breath coming out (PAUSE).

Allowing your body to breathe itself (PAUSE).

You may notice your mind wanders and that is okay. Just acknowledge this is what minds do.

Noticing patterns that take us away from the present moment is what mindfulness is all about.

So gently bring your attention back to your breath. Your breath is your anchor to the present moment. Use it when your mind wanders.

Breathing naturally now.

Bring your full attention to notice each in-breath as it enters your nostrils, traveling down the back of your throat, down into your lungs and causing your stomach to expand.

Notice each out-breath as your stomach contracts and the air moves back up through the lungs and out through the nostrils or mouth (PAUSE).

Now become aware of how each inhale is different to each exhale.

Breathing simply and naturally, not trying to change the breath in anyway.

Observing and accepting this experience in the moment right now (PAUSE).

Now when you are ready expanding your focus of awareness to the whole body. As if your whole body was breathing.

Noticing the sensations of breathing as well as any other sensations in your body.

Feeling the contact of your feet on the floor, or noticing twitching sensations or maybe some pain or discomfort.

Letting these sensations be and simply observing them for what they are. Perhaps inviting the breath to breathe into a certain part of the body. Not trying to make it different, but simply exploring the sensations non-judgmentally and with open curiosity.

When the sensations stop pulling your attention, bring your awareness back to the whole body.

Just sitting here breathing. In and out.

When you are ready open your eyes and take in the room fully alert and awake.

