



# MINDFULNESS OF BREATHING MEDITATION

## 1. Find a comfortable, relaxed position

On a chair, floor or cushion. Back straight but not tensed, hands resting anywhere that feels comfortable.

## 2. Relax your body

Let go of any tightness, putting awareness into all of it - the weight, shape, sensations. Move slowly down the whole body, releasing any tension and noticing any feelings that may arise.

## 3. Take awareness into the breath

Allow it to flow freely, without forcing or elongating – just natural. Notice any sensations and where in the body you feel them; chest, nose, stomach, throat.

**Breathing Stage 1**

- Use counting to stay focused on the breath
- Breathe in deeply through the nose then breathe out fully through the nose – this counts as one repetition
- Repeat 10 times

### **Breathing Stage 2**

- Stop counting and just watch the breath as you inhale and exhale slowly

### **Breathing Stage 3**

- Pay more attention to the tip of the nose, where the breath enters and leaves the body, concentrating with more intensity

## **4. Observe any thoughts**

If your mind wanders, in whatever direction, just know that it's OK. Don't view it as a problem, a failure, something you must control instantly. Don't judge those thoughts either, no matter how strange or unwanted they might seem. Be kind to yourself and gently bring your attention back to the breath. Always return to breathing. Allow any thoughts to come in: do not judge them or react to them. Notice you are the observer of the thoughts, not the thoughts themselves. They are not you - so don't take them seriously!

## 5. Cultivate stillness

Keep the body and mind as still as possible. As you stay focused on the breath, remain silent and fixed in position. You might find your mind wandering occasionally; simply return to the breath.

## 6. Check in

At the end of the session, notice your body again and feel what arises. Relax more deeply and give some self-appreciation for doing this meditation.