

Mindful Breath

Closing your eyes or focusing on a spot in front of you

Start by settling into comfortable sitting posture – feeling weight of body – sense of groundedness feeling wherever your body makes contact with the ground or chair.

Spine growing tall, dignified like the mountain and with a sense of uplift, your shoulders are relaxed.

Settling into a Position that allows you to be awake and alert without any tension or discomfort.

And as settling in make a firm intension of just being here – letting go of what has happened today and any thoughts about the future or any worries or planning

Allowing yourself to settle into this moment – dropping into the here and now

And now taking 3 deep mindful breaths – this is a signal to body to settle even deeper into the here and now. You might want to start counting breathing in for 4 and out for 6. It's important that the than the in breath.

Taking another breath in for 4 and breathing out slowly for 6

Allowing the body to be supported by the gravity holding you, supporting you One more deep breath slowly breathing in and out again

Falling into being here nowwith yourself fully

And then narrowing focus of attention to your breath

Where is it now? In the nose throat belly or chest - we mostly take our breath for granted now taking time to notice and be with the breath – feeling raw physical sensations as air enters the body and leaves the body of its own accord.

Entering from the tip of your nose and to filling deeply to flatten out your diaphragm.

Allowing you breath to enter and leave your body – this rhythm becoming natural in for 4 out for 6

You might want to place a hand on belly / and maybe the other in your chest and feel the movement of the chest the rhythm letting it roll in and out from moment to moment

Knowing you can always use your breath as a safe haven – an anchor in your life a retreat to resting until you feel calm in your mind and body until you are ready to go back to your day.

Keeping your attention on the breath

Breathing in Breathing out

Not trying to control our breath in any way simply allowing us breath to move in and out

When thoughts come to mind with a gentle curiosity and bringing your attention back to your breathing – knowing that you always have a choice of what to focus on – practicing mindfulness by bringing back your attention to the breath again and again - you can always come back to the breath – breathing in and breathing out – surrendering to your experience as it is without requiring it to be any different – nothing that needs to be fixed or state or goal to be achieved – your job right now is just to sit and breathe –all you need to do is inhale and exhale and bringing back your attention whenever its wandered.

You might want to give the breath a narrative

“I am slowing my body” – as you breathe in “I am slowing my breath” as your breathe out “I am slowing my breath” “I am deeply relaxed”

Now as this session is about to end – bringing your attention back to the sounds in the room and congratulating yourself for nourishing yourself by spending time focusing on your breath and practicing mindfulness.

Bring your awareness back to body – feeling your feet on floor and the chair your are sitting on and gently open your eyes and come back to the room. The mindful breath mediation is now complete.