



# Mindfulness of the Breath

## Transcript

Mindfulness of Breath...I invite you to begin this practice by adopting a comfortable, upright posture. If you're sitting on a chair, place your feet flat on the floor with your legs uncrossed, your arms resting on your thighs, palms up or down. Gently close your eyes if that feels ok...

First, take a slow deep breath in...and as you breathe out bring your full attention to the present moment. Begin by focusing on the physical sensations associated with sitting... Notice the sensations of touch and pressure in your body where it is making contact with the floor or whatever you are sitting on. Spend a few moments exploring these sensations in the soles of your feet... in the back of your thighs, your buttocks and your back...

Silence (10 sec)

Now, bring your attention to the sensations of breathing wherever they are more prominent to you... you may feel your breath at the nostrils... in the chest... or the stomach area... Keep focusing on these sensations for a moment... Do not change your breathing in any way, simply allow your breath to flow freely and focus on what it feels like to breathe... Observe these sensations with curiosity, as if you are experiencing breathing for the first time... If thoughts come to mind, such as "am I doing this right?" or "this feels a little strange", simply acknowledge them as just thoughts and bring your mind back to your breath... There is no right or wrong way here, there is simply a curious awareness of the many different sensations associated with breathing... You might be noticing the coolness of the air as it passes into your nostrils... and the slightly warmer air as it passes out of your nostrils... You might be noticing the stretch of your stomach muscles as you inhale... and the feeling of deflation in your lungs as you exhale... You may become aware of the sound of your breath as it flows through your body... There is nothing to do but remain aware of your experience in this present moment...

Silence (10 sec)



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As best you can, anchor your attention to the movement of your body as you breathe... You might like to gently place your hand on your stomach initially to help you notice the rising and falling movement as you breathe in and out... the gentle stretching of the abdomen, and the expansion and deflation of your lungs... Do not try and alter the sensations in any way... simply observe what happens as you breathe naturally...

Silence (10 sec)

Sooner or later your attention may naturally wander... You may notice that you have started thinking about something that has happened today... or planning what you are going to do later... You may notice thoughts of boredom or frustration... This is absolutely normal... it is natural for your mind to start wandering... It is not wrong or a sign of failure... it is simply a different kind of experience... When you notice that your attention is no longer on your breath, you become aware of the experience of mind wandering... Learning to notice and recognize different kinds of experiences in the present moment is part of this practice... Acknowledge this new experience by saying in your mind “thinking”, and gently bring your attention back to the rhythmic, changing physical sensations of breathing at your lower abdomen... your chest... your throat... and your nostrils... Whichever sensations feel stronger to you... There is no need to analyse or judge what is happening... as best as you can continue to be present in the here and now... learning to be more at ease with your breath... with your mind... and with yourself... naturally... effortlessly... simply being here in this moment.

Silence (10 sec)

Remember, you are not trying to breathe in any particular way. The whole idea here is to take the pressure off, to gently keep returning your attention to your breath, as many times as it may be necessary, without judging yourself. You are learning the skill of being at ease with whatever is happening moment by moment in your mind and in your body... If the feeling of frustration comes up, simply label it...



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“frustration”... and return to your breath, trying to be more accepting of your wandering attention... Learning to be gentle with yourself is an important part of this practice.

Silence (10 sec)

Mindfulness expands your capacity to be aware and accepting of all kinds of experiences that arise in the here and now... as you are listening to this recording... as you are focusing on your breath... just simply being as you are with a sense of ease and intention... Coming back to the present moment can only be achieved by letting go of what the mind was occupied with previously... With the out-breath the only thing you need to do is let go of the desire to control your experience ... The breath is your anchor... it is always present... it is always with you... you can always choose to bring your awareness to the sensations of breathing and it will help you pause and simply be...

Silence (10 sec)

When you are ready, bring some movement back into your body... Gently wiggle your fingers and your toes and slowly open your eyes, taking in your surroundings. See if you can continue to tune into your breath regularly and practice being anchored in the present.