

6 STEP BASIC BREATH AWARENESS MEDITATION

Breath awareness is a simple but powerful breathing meditation technique that puts the mind back into contact with the breath. It will make you more aware of your body and your physical being, and it will focus and relax your mind.

1

Set a timer for 3 minutes.

Make sure you're in a space free from distractions and that the temperature of the room is comfortable for you. Choose a comfortable place to sit.

2

Sit comfortably with your eyes closed.

Focus your attention on the present moment ... on sights, sounds and sensations. Thoughts will come up; simply ask these thoughts to slow down.

3

Focus your attention on your breath.

Observe your breath moving smoothly in and out of your body. Just simply observe it, like sitting on the shore of the ocean watching the waves coming and going.

4

Bring your mind back to the breath.

When your mind wanders, you may momentarily forget to focus on your breath. Simply bring your mind back to the present moment and back to your breath. Always return to the breath.

5

Let go of thoughts and feelings.

When thoughts and feelings come up, observe them, but do not attach to them. Non-attachment is observing from a distance. Just let the thoughts and feelings go. It's just a thought; nothing more.

6

Continue the meditation.

For 3 minutes, continue in this manner. Simply relax, breathe, focus, and let go, repeating the steps as necessary. Relax. Breathe. Focus. Let go.