

Observing your breath

Focus your attention on your breath coming in and out. Pay attention to your breathing as a way to use your wise mind. Use your breath as a way to accept reality.



1. Deep breathing: Lie on your back. Breathe slowly, focusing your attention on the movement of your stomach. Allow your stomach and chest to rise as they fill with air. Your out-breath will be longer than your in-breath. Continue for 10 breaths.

2. Measuring your breath by your footsteps:

Walk slowly. Breathe normally. Breathe with each footstep. Continue for a few minutes. Begin to breath and walk slower. Continue for 10 breaths.



3. Counting your breath:

Sit down or take a walk. As you inhale say to yourself, “I am inhaling 1” and as you exhale say to yourself, “I am exhaling 2.” Continue counting through 10. After you have reached 10 return to 1. When you lose count return to one.

4. Following your breath while listening to music:

Listen to music while taking long, light and even breath. Do not be distracted by the music, but follow it with your breath.



7. Breathing to quiet mind and body

Sit or lie down. Little-smile. When you mind and body are quiet say to yourself, “I am breathing in and making myself peaceful.” When you want to stop, gently massage the muscles in your legs before changing positions.