

Breath Awareness Practice



Upright, dignified, comfortable posture, allowing the chest to be open and spine aligned. Sitting ideally, laying if necessary. Eyes closed or gently looking downwards.



Notice the breath just as it is, no need to change it in any way. Notice the quality of the breath, the difference of the in and out breath, the preferences, the pauses, any soothing sensations, discomfort, lack of feeling.



Whole breath awareness- physical sensations in the body with the movement of the breath, tuning in to each breath, the gentleness, the flow. Moment by moment awareness of each breath just as it is.



Instruct with kindness, to notice whatever comes in to the field of awareness, bringing a gentle curiosity and acceptance to whatever arises. Gently escort a wandering mind back to the breath each time.



End the practice with some reflective stillness. Is there a difference in sensation in the body heart and mind compared to the start of the practice? How was this different to other practices for you? How could this be incorporated into your day?