

10 Minute Breathing Exercise

Finding a comfortable seating position one that is conducive to remaining attentive.

Aware of where you are touching the ground, your feet if you are in a chair, your knees if you are using a meditation stool or your bottom if you are sitting on the floor.....

Simply taking note of what part is touching the ground.....

Straightening your back and centring your head in as far as it is comfortable to do so.....

Resting your hands on your knees or your thighs or in your lap.....

Acknowledging to yourself that you are here with the intention to be still....to gift this next 10 minutes to yourself in meditation.....

And turning your focus to your breath.....taking three long deep breaths....and as you breathe in deeply, being aware of the breath entering you.....feeling it filling your chest and your abdomen expanding.....

Noticing the point at which the inbreath stops and becomes the outbreath.....

Following it all the way out of your body as your abdomen and chest empty and contract....

Noticing the point at which the outbreath stops and the inbreath begins.

After three of these, at your own pace....we return to breathing as normal.... allowing ourselves to rest to the rhythm of the music (Spiegel im Spiegel by Arvo Pärt)

Remaining aware of the rhythm of your breath.....the in breath.... the out breath.... not exaggerating it, not managing it.... simply being aware.

As thoughts arise, and they will, allowing yourself to drop those thoughts....to let them go, not following them, not judging them.....acknowledging 'I'm having a thought' and returning to being aware of your breath.....

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Again as you realise you have been following thoughts....let them go, without judgement, without beating yourself up, acknowledging 'I'm having a thought' and returning to being aware of your breath.....

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In these last few moments of our meditation time....returning to your breath.....noticing the inbreath noticing the outbreath.....

Smiling inwardly.....acknowledging the gift of this 10 minutes of meditation you have given to yourself.....

Bringing our hands together to the front of our chest and bowing gently.....

Namaste.....

Sound of the gong.....

Paul Thornton

<http://breakingopentheword.org>

<http://livingfaithconversations.com>