

10-minute breathing exercise

Take a position where you can stay for approximately 10 minutes. Sitting with your back straight, the soles of your feet on the ground. You can close your eyes or look down with a soft focus.

Let's begin.

As well as you can, try to be aware of the different sensations in your body.

Notice the sensation of pressure where your body touches something: the soles of your feet, your hands, your buttocks.

Bring your awareness to your breathing.

Notice the changing sensations in your stomach when inhaling and exhaling.

If you want to, you can put your hand on your stomach and see how the sensations change where your hand touches your stomach.

Remove your hand and keep observing your sensations. Notice how your stomach expands with inhalation and contracts with exhalation.

Notice the small breaks between breathing in and breathing out.

You do not need to control your breathing in any way. Simply let your breathing flow by itself.

Remind yourself that the exercise has no objectives or goals. Nothing specific needs to happen. Let your experience be anything that it is. Just breathe in and out.

Your mind may start to wander. It may start to think, plan or dream. If this happens, remember that it is not a mistake or failure.

When you notice that your attention is no longer on your breathing, you can use this as an opportunity to become aware of what your mind is doing. Then gently bring your focus back onto the physical sensations in your stomach that change with your breathing.

Every breath is unique. Each breath creates new sensations.

Just observe your breathing one breath at a time.

Give each breath its own attention.

Let every breath root and ground you into this moment.

Sometimes the mind wanders only for a moment and sometimes longer. You may find yourself criticising yourself for your mind wandering. But that is how the mind works.

The purpose of meditation is not to clear your mind or to get rid of thoughts and feelings. The purpose is to acknowledge how your mind works and notice what it does.

And when you notice that your mind is wandering, the purpose is to make a mental note of it and gently but surely bring your focus back onto your breathing.



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You may have to bring your focus back onto the exercise many times, again and again, even with the next inhale or exhale. Now use the next silence to practise this method.

During the last moments of this exercise, while you are sitting here breathing, remind yourself that you can use breathing to ground yourself during the day at any time, to bring kindness to your experience, moment by moment and breath by breath.

YouTube video of the exercise

<https://youtu.be/POEuxlcVLMM>



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