

Meditation on breath & body

To begin, position yourself in a comfortable, yet engaged posture.

This can be sitting tall on a chair, cushion on the floor, or lying on a bed.

I invite you to close your eyes, or soften and lower your gaze, whatever feels appropriate to you.

As you settle, you may notice tightness in specific spots in the body – shoulders, neck, chest or stomach perhaps - totally normal and natural – we hold a lot of tension that goes unnoticed during daily living.

I invite you to release the tightness if you can do so easily – perhaps breathing into the discomfort, then imagining it flowing outwards on the out-breath.

Return to a natural breathing rhythm.

To help connect with the breath, notice where you feel it most readily.

It could be at the nostrils – coolness on the inhale, warmth on the upper lip on the exhale.

Maybe there is swirling & tingling as the breath travels down or up the airway.

Or you notice the rise and fall of the chest or belly. Placing a hand on the belly can aid attention there

Continue to rest attention where the breath is most accessible for you.

Let yourself feel the next few breaths, and as you do, allow the mind to calm & body to relax.

If you are like most of us, you may notice after a short period that your attention will get captured by thoughts and associated images or emotions – this is totally natural and expected.

Mindfulness is recognizing this habitual entrapment, returning attention again and again to the breath, or other object of concentration. Celebrate the noticing!

If self-judgment and frustration arise, simply notice attention again being absorbed into these thoughts and emotions, and return to the breath with kindness and compassion for yourself.

This breath, this moment

I now invite you to shift attention towards touch points with a surfaces that supports your body:

the gentle pressure of your hands resting on your thighs

your seat or back pressed against the cushion of a chair

Feet being held up by the floor beneath,

Or shoulders contacting the mattress.

Stay with these touch points a little longer.

Imagine being inside these feelings, embedded into the sensations as they unfold – deepening connection to the information being provided.

And now, expand your awareness to include the entire body – perhaps noticing sensations in the face, skin contact with articles of clothing.

And what about inside the body? Any tingling, buzzing, residual tightness, trembling? There is no right or wrong way to be right now.

And if there is no feeling or numbness, that is OK too. At this moment, that is what is happening.

Return attention to breathing for several breaths.

Slowly lift your gaze or open your eyes, taking in your surroundings, perhaps with a sense of openness and curiosity.

When you are ready, you can move into the rest of your day, taking with you the reminder to practice presence and clarity through brief moments of mindfulness.