

**Breathing Meditation (5:31)**

Find a relaxed, comfortable position  
Seated on a chair or on the floor, on a cushion  
Keep your back upright, but not too tight  
Hands resting wherever they're comfortable  
Tongue on the roof of your mouth or wherever it's comfortable.  
And you can notice your body  
From the inside  
Noticing the shape of your body, the weight, touch  
And let yourself relax  
And become curious about your body  
Seated here  
The sensations of your body  
The touch  
The connection with the floor  
The chair  
Relax any areas of tightness or tension  
Just breathe  
Soften  
And now begin to tune into your breath  
In your body  
Feeling the natural flow of breath  
Don't need to do anything to your breath  
Not long not short just natural  
And notice where you feel your breath in your body  
It might be in your abdomen  
It may be in your chest or throat  
Or in your nostrils  
See if you can feel the sensations of breath  
One breath at a time  
When one breath ends, the next breath begins  
Now as you do this you might notice that your mind might start to wander  
You might start thinking about other things  
If this happens this is not a problem  
It's very natural  
Just notice that your mind has wandered  
You can say "thinking" or "wandering" in your head softly  
And then gently redirect your attention right back to the breathing  
So we'll stay with this for some time in silence  
Just a short time  
Noticing our breath

From time to time getting lost in thought and returning to our breath  
See if you can be really kind to yourself in the process  
And once again you can notice your body, your whole body, seated here  
Let yourself relax even more deeply  
And then offer yourself some appreciation  
For doing this practice today  
Whatever that means to you  
Finding a sense of ease and wellbeing for yourself and this day  
[bell rings]