

BREATH AWARENESS

THE PRACTICE: NOTICING YOUR BREATH

Read through this practice a few times before doing it. Follow the routine that you decided on. Come to your practice mindfully. Move slowly, bringing your intentions to mind. Set a soft chime to ring so you know when your time is up. Sit comfortably upright.

Part 1. Observe your breath.

Close your eyes (you can also keep them half-capped, gazing down) and bring your attention to the tip of your nose and notice yourself breathing. You're paying attention to the sensations you feel in your nose as you breathe in and out, naturally. You may notice the cool air coming in, and warm air going out. You may notice you can hear your breath in your ears. You're not trying to breathe a certain way, you're just noticing your breath as it is. If you'd like to, you can move your attention to other parts of the body that are responding to your breath - like your chest, shoulders, or abdomen. Simply notice your body breathing. You're not trying to think about breathing, you're simply observing it.

Part 2. Notice when you're not observing your breath.

The other part of this practice is noticing when you're no longer observing the breath. Maybe your mind wandered to thoughts, memories, your to-do list, etc. Maybe sounds distracted you. Distractions are normal. Thoughts are normal. When you realize your mind has wandered away from the breath, simply guide your attention back to the tip of your nose and begin noticing the sensations of your breath again. It doesn't matter how many times you have to bring your attention back to the breath. You're doing it right.

Continue this practice until your timer goes off.