



"If you want to conquer the anxiety of life, live in the moment, live in the breath ~ Amit Ray

PRACTICE: MINDFUL BREATHING

SIT comfortably and upright without slouching, or LIE down.

You may have your eyes open or closed

BEGIN by taking a few slow, gentle breaths.

NOTICE the breath where it is most obvious and natural for you: your nostrils as air passes through; the movement of your chest or diaphragm.

FEEL a gentle breathing pace and temperature of your breath. You may rest your hands on your diaphragm and actually feel your tummy move up and down.

IDENTIFY the very beginning of your in-breath, through to the end of your out-breath.

ATTUNE to when your mind naturally wanders in thoughts and gently bring ATTENTION back to your breath, without judging yourself.

ALLOW the relaxing qualities of the breath. Feel your whole body breath. Gently allow the natural rise and fall of the breath, similar to a wave effect, like the movement of the ocean.

CLOSE the practice after a few minutes, allow your awareness to notice how you are feeling.