

## Awareness of Breathing Meditation

**As previously mentioned your breath is a brilliant meditation object as observing your breath can relax you very quickly and it is readily available.**

- Sit comfortably in a chair or on the floor  
Try to be self supporting your back (this helps you to stay alert).
- If you can close your eyes,  
or you can keep them open slightly and unfocused.
- Become aware of how your body feels, where it is making contact and supported by other objects.
- Spend a minute or two focusing on these sensations.
- Become aware of your breath entering and leaving your body.
- Place one hand over your belly
- Observe what happens to your belly as you breathe in and out,  
You may notice that your belly rises with your in breath and falls with an out breath.
- Just notice, there is no need to control your breath.
- Allow the breath to come and go.
- Pay attention to how your body changes as you breathe in and out.
- It may help to focus your attention on a different part of your body,  
such as your nostrils.
- Rest here in the awareness of your breath.
- **When the mind wanders**
- Remind yourself that this is what happens when you are in the ‘doing mode’.
- Simply and gently bring your attention back to breathing.
- It may help notice what the mind was doing and softly say this to yourself:  
Thinking, thinking  
Worrying, worrying  
Judging, judging  
Planning, planning  
Organising, organising etc
- **As soon as you notice that your mind has wandered, congratulate yourself that you have come back into awareness and notice your breath.**