

An introduction to the art and science of mindfulness.

Mindfulness breathing exercise

1. Start to become aware of your own mind. Give yourself permission to get to know yourself for a few brief minutes.
2. Let your attention / awareness go to the centre of the room.
3. And now notice your attention / awareness as you let it go to the far side of the room.
4. And follow your attention / awareness as it comes back in to the middle of the room.
5. And then bring your attention / awareness up very close to you as though you were reading a book - close in front of your face, notice your attention in that place.
6. Now let your attention / awareness go inward (you may like to - close your eyes at this time).
7. Get a sense inside yourself of your body in the space it occupies in the room right now.
8. Let your awareness now find your breath where ever you feel it most prominently.
9. At the level of your nostrils - the air coming in or at the level of your mouth allowing the breath to go out.
10. At the level of your chest as it goes up and then down.
11. Or the level of your stomach going inwards and outwards.
12. Perhaps you may even notice your whole body breathing.
13. Where ever it comes naturally let your awareness ride the wave of your in breath and then your out breath.
14. When you come to notice, as often happens, that your mind may have wandered, lost in thought, memory, feeling or worry. Then just take note that this has happened and gently and lovingly return your awareness to your breath and continue the exercise.
15. And when you are ready to conclude allow your breath to exhale, open your eyes and with openness and clarity continue the day.

