

Mindfulness of Breathing

Begin by inviting your body to be as comfortable and relaxed as possible. Whether sitting on a cushion, bench, or chair, or lying down, ensure your body is supported in the posture you have chosen.

To help yourself fully arrive breathe out three times as profoundly as possible, while letting the in-breaths happen by themselves. After 3 breaths just allow the breath be as it is; short or long, shallow or deep, rough or smooth.

Gently bring your attention to the simple act of breathing. Connect to the rhythm and the movement of breathing as it happens. Let the quality of your attention be light and relaxed, allow the experience to happen.

Find where you most easily connect to breathing. Either meet your breath experience as a rise and fall of your chest or belly, or as the sensation of air moving in and out of your nostrils. If there is an area where connection to the breath feels most natural let your attention rest there.

This training is simple but not necessarily easy. It is natural, and expected, that we will get lost, the only thing that matters is how we respond when we 'find' ourselves again. Every time you notice that the attention has wandered, gently rest back "home" in your chosen place.

Enjoy the luxury of simply being: with no need to compete, with nothing to get right nor anything to do, and nothing to add or remove from what is.

Soft belly Meditation

Begin the meditation by tuning into your body; check your posture is relaxed and open. Take several deep breaths, allow each in-breath to bring you more and more into your body, and allow each out-breath to relax and soften you.

Once you feel connected, allow the breath to resume it's natural rhythm; just let the breath happen within a light and gentle awareness.

Feel the breath from within as it enters your body and moves in, deep and gentle. Let your attention rest with the breath and allow it to bring you to your chest and heart area. Breathe in and out of your heart area for some minutes, bringing yourself back to simply breathing if your mind wanders.

After some time of being steady in the heart area, allow the breath to guide you deeper into your body, seeing if you can be with the breath in your lower belly and navel area. Without pushing or forcing just let your awareness flow deep within, gently becoming more and more intimate.

With each breath, relax and soften this area, let the belly and navel release any tension, any holding. Simply being present, open and relaxed.