

Breath

This simple meditation focuses on using your breath to find calm and comfort. The term “cycle of breath” is used in this meditation. A “cycle of breath” is the combination of one inhalation and one exhalation. So, one in-breath and one out-breath is one cycle of breath.

To begin, find a comfortable position....see if you can align your head, neck and shoulder in a way that's supported and comfortable.

And begin to notice your breath, your breathing....take three cycles of breath...focusing on inhaling clean, refreshing air and exhaling spent energy.....

Send your awareness to the tip of your nose...be aware of the inhalation, noting breath entering tip of nose, gently stirring nares, cooling the inside of the nose as it enters, drawn in and downward by your engaged diaphragm muscle, the big muscle below your rib cage that contracts to help draw deep breaths into the lungs.....notice this for three cycles of breath.....notice the expanding as you inhale: your nose, your throat, your chest, expanding with each inhalation....opening, receiving.....become aware of your umbilicus, your belly button.....and watch it rise and fall.....moving away from your spine as you inhale and slightly falling back toward your spine as you exhale.....

and now notice your exhalations.....the releasing and sending out of tension, spent energy, fatigue.....emptying....clearing..... up and out.....notice for three cycles of breath.....awareness of the steady rise and fall of your breath.....the filling and emptying....the receiving and releasing.....the opening and sending out.....

And now notice the brief moment between inhaling and exhaling.....the transition.....your innate timing between receiving and releasing.....note the calm silence in that moment.....bring awareness to the moment of pause, perhaps ever-so-slightly punctuated by a heartbeat.....listen....notice.....the meeting, the joining of your energies.....your body's wisdom completing the release of the exhale prior to initiating the refilling of breath...knowing to let go before softly opening again.....

Continuing to breath easily and fully, say aloud or to yourself: “In this moment, I am here....with all that I am.....In this moment, I am here, with all that I am.....In this moment, I am here, with all that I am.....

And add aloud or to yourself: "I am safe....I am calm....I am as strong as I need to be" ...and again, "I am safe....I am calm....I am as strong as I need to be" "I am safe....I am calm....I am as strong as I need to be"

And in total, "In this moment, I am here...with all that I am....I am safe, I am calm, I am as strong as I need to be...."

When you are ready, you may want to close your practice with three energizing breaths...using your mind's eye to send breath to all your extremities and releasing from deep within yourself.....and so it is.....