

~5 minutes great to make into a recording for your clients to share or for youtube

In this practice we are going to dive into the practice of meditation together with a singular focus on the breath, and on the rhythm of our breathing.

(pause)

So if you are in a seated position just become comfortable, back nice and straight if you're laying down, just allowing all points of contact of the body to touch the ground to become relaxed.

(pause)

If seated, noticing that the feet are firmly resting on the ground, the back is nice and straight.

And we take a few minutes here closing the eyes, and just allowing the breath and the rhythm of the body to slow and watch that it will just naturally do so

(pause)

closing the eyes and just breathe without any expectations. Without any demands without any fear, or worry, just breathe.

(pause)

And you may notice perhaps after one or two respirations or full cycles of the breath from an inhale to the following inhale, that the natural rate of your own respiration is starting to drop.

(pause)

And with that the heart rate is dropping, the body might be becoming more relaxed.

(pause)

Just relax. Let the mind and the body gravitate towards the breath. Meaning we begin to cultivate the breath as our singular awareness.

(pause)

Regardless of any distractions or noises that you may hear in your external environment, or if your mind gets busy, remain internal, remain on the breath.

(pause)

And if the cultivation or the awareness of the breath is difficult for you, then you can easily replace the awareness or the focus of the breath with perhaps the focus on a part of the body.

(pause)

This could be a focus, perhaps on the spine, how it feels as it's laying on the ground, or perhaps the sit bones as you're seated, or the feet as they're planted into the ground. All awareness on one particular aspect, and like everything else start to fade away.

(pause)

Breathing deeply and fully from the lower belly to the very top of the chest
exhaling from the top of the chest down into the lower belly.

(pause)

Recalling that the focus of Mindfulness here is to become singularly aware of one process or one stimulus. In this case, it could be the breath or perhaps a body part, the contact or the pressure of the weight of the body on that body parts of the ground whatever it may be a

singular focus. Everything else fades into the background. And notice here as we move into this process of finding that singular focus or awareness in just a few short minutes, how quickly all of the other distractors start to fade and all of the other connections to those distractors start to become that much more meaningless.

(pause)

Let go. Breathe, relax, paying no attention to the mind.

(pause)

Outside or external stimuli.

(pause)

Breathe,

(pause)

relax

(pause)

breathe and relax.

(pause)

Noticing now the state of the body After just a few short minutes in this meditation anybody who's having difficulty sleeping at night, stay with his exact process and you'll find that everything else slowly starts to fade away.

(pause)

And your ability to fall into that state of sleep becomes that much easier.

(pause)

The simple breath awareness or singular awareness meditation can be replicated anytime. And you don't have to keep it just that five or six minutes. Continue on. Anytime you feel stress, resistance fatigue, fall back to that singular awareness, the breath the body, breathe and relax.