

~20 minutes

And we begin this guided breathing meditation by first coming into a comfortable seated position or lying in savasana.

(pause)

In your seated position, just making sure that the back is straight and the feet are firmly on the ground.

(pause)

If lying in savasana just taking a moment or two to check all points of contact with the body and the ground. Feeling into the heels and the hips, the shoulder blades and the back of the head and any other points of contact with the body and the ground and allowing the body to finally relax.

If you're in a seated position, you may rest your hands on your lap or your legs but just keep your back straight and we begin here now by simply turning inwards

(pause 30 seconds)

We turn in towards the breath and begin letting the mind and the body start to finally relax.

(pause)

Finally letting go as we just let the breath slow and still

begin to bring your awareness just to the tips of your nostrils on the next inhalation, gently pulling the breath in and inhaling gently and fully into the lungs.

(pause 15 seconds)

And on the next exhalation, just letting the breath cascade out of the body via the mouth.

(pause)

Gentle slow and rhythmic. Inhaling young through the nostrils and now we begin to exhale through the mouth very gently and continue here for about 5 breaths with each breath getting slower and longer

(pause 2 minutes)

Rhythmic slow breath inhaling through the nose as we tap into the parasympathetic nervous system and exhaling out through the mouth as we calm the body that much further.

(pause 1 minute)

If your mind begins to wander, thoughts pop up just pay them no attention and come back to the breath.

(pause)

Inhaling gently through the nose. exhaling fully through the mouth no sound no effort. Just let go

(pause 1 minute)

as we inhale through the nostrils now beginning to notice the difference in the state of the mind and the body

Perhaps a deeper sense of relaxation or peace here now

(pause)

exhaling through the mouth gently and fully relax inhaling and exhaling any tension or stress in the body that may be ready to be released here now

(pause 2 minutes)

Feel the body wide sensation of stillness starting to take effect and as we exhale fully out through the mouth letting go that much deeper.

(pause)

A calm mind and a still body

(pause)

inhaling at your own pace now and exhaling any heat or tension out of the body through the mouth

(pause 3 minutes and saying the following lines a few times during the pause)

on every inhalation now feeling the body surrender that much further to a state of tranquility and peace.

And as we exhale just releasing any deep pockets of tension, perhaps in the back the shoulders or the neck and just let go with a quiet mind the body becomes still and we can finally rest.

(pause)

letting go of stress or tension

(pause)

inhaling gently and slowly now, exhaling at your own pace and you may keep this rhythm of breathing going here in silence for about 5 minutes.

(pause 5 minutes of silence)

Going in your meditation as long as you wish. Continue to allow the body and the mind to finally rest

Very slowly coming back into connection with your environment by wiggling your toes and your feet fingers slowly opening your eyes and as you come back into full reality just using this opportunity

As you come back into awareness recall vividly how you felt and how this practice went for you Perhaps take note of the difference in your breathing and state of mind as you come back fully now