



How to Practice Mindful Breathing

- 1.** Assume a comfortable sitting posture.
- 2.** Close your eyes, keep your spine straight, and let your shoulders drop a bit.
- 3.** Bring your attention to your belly, noticing how it rises with each in-breath and falls with each out-breath. The rise and fall of your abdomen as you breathe will be the focus of this meditation.
- 4.** Keep focusing on your breathing - the rise and fall of the belly - "being with" each in-breath for its full duration and with each out-breath for its full duration, as if riding the waves of your own breathing.
- 5.** Every time you notice your attention has wandered, notice where your attention has gone, and label it such as **WORRYING** or **PLANNING** or **REMEMBERING**, and then gently escort your attention back to the rise and fall of the belly as you breathe.
- 6.** If your mind wanders a hundred times, then your "job" is simply to bring it back, non-judgmentally, a hundred times. By non-judgmentally ~Do not judge the fact that your mind has wandered - because that's what minds do! Simply bring your attention back to the rise and fall of your belly without judgment over and over again.
- 7.** Practice this for at least 10 minutes every day.