

This is a 10 minute guided meditation practice from Buddhism Guide called – Breathing Awareness

Sit comfortably on the floor or on an unarmed chair with your back straight, but not too rigid. Gently close your eyes and do the following breathing awareness exercise.

I want you to breathe in deeply to the count of 5, hold the breath for the count of 4, and then breathe all the air out to the count of 5.

Let's begin:

Breathe in...2...3...4.....5. hold...2...3...4 breathe out...2....3...4....5... hold...2...3....4

Breathe in...2...3...4.....5. hold...2...3...4 breathe out...2....3...4....5... hold...2...3....4

Breathe in...2...3...4.....5. hold...2...3...4 breathe out...2....3...4....5...

Now breath normally. Making sure your breathe is slow and natural.

This exercise brings you comfortably into the present moment, the here and now.

Just keep gently breathing, letting each breath occur naturally. Feel your breathing becoming calm...slow...easy....

While you are gently breathing, I'll direct your breathing awareness to different stages of the breath. Focus your awareness on each stage as I mention it. In this exercise we will breath in through the nose and out through the mouth.

First, notice the breath as it enters your nose. Notice each time you breathe in, the way the breath feels on your nostrils.

Feel the breath as it passes through your nasal passages, and down behind your throat.

Feel each time you inhale, the breath passing down your windpipe.

Feel the breath going down.....

Deeper.... and deeper.....

(pause for 30 seconds)

Notice where the air enters your lungs. Allow your breathing awareness to deepen the feeling of relaxation you are experiencing.

Feel the air expand your lungs with each in breath.

Feel your lungs expand... and relax.... expand.... and relax..... expand.... and relax.....

(pause for 30 seconds)

Now bring your awareness to the point where you breathe out. Become aware of the air leaving your lungs, as it begins to travel upward. Keep your awareness on that for a moment.

(pause for 30 seconds)

Now turn your attention to the breath traveling up and out through your mouth. Feel the breath in your throat.....your mouth... and across your lips.

(pause for 30 seconds)

Now notice each breath as a whole. See how the breaths flow like waves. First in.... and then a pause.... and out.... and then a pause.... Notice the pauses.

(pause for 30 seconds)

Now as you relax... you can count your breaths as they continue to flow gently. Count 10 in breaths.

(pause for one minute)

Now count 10 out breaths.

(pause for one minute)

When you are finished counting your breaths, notice how calm and relaxed you are. See how regular your breathing has become... how peaceful your breathing is.

(pause for 30 seconds)

In a moment, when you hear the soothing sound of the singing bowl, start to slowly open your eyes and gently introduce yourself back into the world.