

**This is a 5 minute guided meditation practice from Buddhism Guide called –
Relaxing Your Mind**

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 follow 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.

Now I want you to bring your awareness to your breath as is flows into your nostrils and then back out again. There is no need to follow the breath any further. Just become aware of it entering and leaving your nostril.

(pause for 10 seconds)

Become aware of the sensations around your nostril and just relax into this experience.

(pause for 10 seconds)

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

(pause for 10 seconds)

Now as you relaxation becomes deeper and deeper... start to count your breaths as they flow gently. Count 10 in breaths.

(pause for one minute)

Now count 10 out breaths.

(pause for one minute)

Now just gently keep your awareness on the breath as it enters and leaves your nostrils. Do not count the breathes, just be aware of them.

(pause for one minute)

Notice how calm and relaxed you are. See how regular your breathing has become... how peaceful your breathing is.

(pause 10 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.