

This is a guided meditation practice from Buddhism Guide called – Breathing Awareness with Anchor Words

Sit comfortably on the 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, hold the breath and then breathe all the air out.

Let's begin:

Breathe in...hold...breathe out... hold...

Breathe in...hold...breathe out...hold...

Breathe in...hold...breathe out...

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 gently breath in silently say the anchor word IN.....when you breath out say the anchor word OUT.

(pause for 30 seconds)

Just let the anchor words take you deeper.... and deeper.....and deeper into the meditation.

(pause for 1 minute)

If any thoughts come, just use the anchor word thought and gently bring your awareness back to the breathe.....remember, the breathe is the anchor, so keep coming back to it. Continue to use the anchor words IN and OUT.

(pause for 1 minute)

Maybe a noise distracts you, just use the anchor word sound and gently bring your awareness back to the breathe. Continue to use the anchor words IN when you inhale and OUT when you exhale.

(pause for 1 minute)

You may feel some body sensations, such as an itch or some discomfort. Use the anchor word sensation and gently become aware of your breathe. Continue to use the anchor words IN and OUT.

(pause for 1 minute)

You may become aware of an emotion arising – label it emotion and gently come back to the breathe. Label your in breathe IN and your out breathe OUT.

(pause for 1 minute)

Notice how calm and relaxed you are. See how regular your breathing has become... how peaceful your breathing is. Continue to use the anchor words IN and OUT.

(pause for 30 seconds)

In a moment, start to slowly open your eyes and gently introduce yourself back into the world.