

This is a guided meditation practice from Buddhism Guide called Positive Breathing Awareness

Sit comfortably with your back straight and gently close your eyes.

I want you to breathe in really deeply through your nose, pause and then breathe all the air out through your mouth.

Let's begin – breathe in deeply – pause – breathe all the air out – pause
(do this three times)

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

(pause for 20 seconds)

Now I want you to bring your awareness to your breath as it flows into your nose and then back out again.....Just become aware of the air entering and leaving your nose.

(pause for 20 seconds)

Become aware of the sensations around your nose and start to relax.

(pause for 20 seconds)

Keep gently breathing, letting each breath happen naturally..... Feel your breathing becoming calm...slow...relaxed

(pause for 20 seconds)

As your relaxation becomes deeper and deeper... imagine as you breathe in, you become more positive....and as you breathe out, all of your negativity leaves your body... Breathe in positivity and breathe out negativity

(pause for 30 seconds)

Breathe in positivity and breathe out negativity

(pause for 30 seconds)

Notice how calm and relaxed you are.... how peaceful your breathing is....how positive you are feeling.....(pause 20 seconds).....sit with this positive feeling for a while.....

(pause 30 seconds)

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