

## **Training Exercise: Mindful Breathing**

This exercise will help you practice mindful breathing.

First, either close your eyes, or, if you're not comfortable with closing your eyes, just pick a spot on the floor in front of you to fix your gaze on.

Now, first, just notice your breathing.

(About 10 seconds of silence)

Don't change it, don't make it different, just notice it.

(About 10 seconds of silence)

Notice each in breath and each out breath.

(About 10 seconds of silence)

Notice what it feels like in your body when you breathe in and breathe out.

(About 10 seconds of silence)

Notice which parts of your body move as you breathe.

(About 10 seconds of silence)

See if you can notice every aspect of your breathing.

(About 10 seconds of silence)

See if you can even notice that little urge to breathe in or breathe out that comes right before you actually inhale or exhale.

(About 10 seconds of silence)

Continue this way for a few moments now, just noticing your breathing.

(About 20 seconds of silence)

Now, as you do this, also notice when something pulls you away from observing your breathing. Maybe thoughts leap into your mind about something, or a sound distracts you. Each time this happens, just flex that mental muscle to bring yourself back to the breathing. Just shift your attention back to the breath.

(About 10 seconds of silence)

Just continuing this way for a few moments.

(About 10 seconds of silence)

Noticing each in breath and each out breath.

(About 10 seconds of silence)

Observing your breathing as it happens.

(About 10 seconds of silence)

No need to try to change it or make it different.

(About 10 seconds of silence)

Just noticing what it's like to inhale and exhale.

(About 10 seconds of silence)

Noticing when something pulls you away, and each time, just coming back to the breath.

(About 10 seconds of silence)

Continuing to just breathe in and out.

(About 10 seconds of silence)

Just noticing what it's like to inhale and exhale.

(About 10 seconds of silence)

And noticing all of the sensations that go with breathing.

(About 10 seconds of silence)

OK, it's time to come back to the room. When you're ready, open your eyes.