



## Meditative Breath

Hey Wellness Warriors,  
Welcome to a Meditation on the breath.

We might think of meditation simply, as the practice of being present  
Paying attention to right here, right now, without judgement

Let's release the expectation to "empty our mind"... This is just us, giving ourselves space to be  
as we are, focused on the act of witnessing...

Let's come into a shape that feels sustainable for the body to rest in  
This might be seated or lying down...  
But really, meditation can happen anywhere.  
We might ask ourselves, "What shape will make me feel most comfortable, safe and supported?"  
Let's honor our needs by supporting ourselves with pillows or a wall...

Taking our time...  
There's no rush...

Alright. Let's move from the outside in.

If comfortable and safe, I might close my eyes or turn the gaze downwards...  
Taking a moment to bring awareness to where I am  
Maybe noticing what sounds are in the space around me  
What I can physically feel as I rest here  
Maybe any scents that are present...

Bringing my attention to right here... right now...  
Without judgement... just noticing

Maybe noticing how my body feels in this moment...

Noticing what thoughts come up for me when im still...

I notice where my mind wants to wander. I might give myself permission to acknowledge the thoughts and return to them later. This time is for me. Not my worries. Not my to-do list. I honor myself with my attention.

I might pause to notice how I am feeling in this moment?  
Remembering there is no good or bad, right or wrong way to feel

...

And now, I bring attention to my nostrils and the breath coming in... and out.

Cool, inhale. Warm, exhale.

I tune into my experience. Can I notice which nostril is taking in the most air?

...

...

Inhale...Exhale.

...

I might experiment with following the path of the breath.

...

Cold air comes in through the nostrils.

...

Fills the back of the throat.

...

The breath moves down the throat.

...

Follow it until it becomes warm...

And enters the lungs.

...

Filling the belly...

And making its way back up again.

...

Moving through the throat.

...

Warm as it passes the top of the mouth.

...

Out of the nostrils.

...

...

And repeating.

...

...

Each time trying to remain more present with the breath's path.

...

And when I realize I've become distracted and my mind is wandering, I gently acknowledge the thoughts and then return to the breath.

...

Cool inhale. Warm exhale.

...

...

Returning to my breath.

...

...

Now, we might stop here, giving thanks to the body, mind, and heart for our practice,...

Or might continue with a final practice of meditative breath...

...

...

We'll count from 30 to 0, pairing the countdown with the breath. I will join you for the first 10 counts...

...

Taking a deep inhale together

...

Inhale 30

Exhale 29

Inhale 28

Exhale 27

Inhale 26

Exhale 25

Inhale 24

Exhale 23

Inhale 22

Exhale 21

Inhale 20

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Once you've reached 0, place the palms of the hands together at your heart...

Thank your body for allowing you to practice...

Your mind for being still, even if only for a moment...

And your spirit for leading you here.

This healing is yours.

It always has been. It always will be...

Thank you for visiting The Well Healing.

Take good care