

# Wordflow Mindfulness and Meditation

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Classes and courses to help you focus, restore balance, and cultivate peace and serenity.

This week:

Listening to the breath to  
listen to the body



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Your breath can show  
you how you feel.

*If you have time to breathe you have time to meditate. You breathe when you walk. You breathe when you stand. You breathe when you lie down.*

~ Ajahn Amaro

**What does your breath say about your emotional state?**

- Anxiety– Fast, short, shallow breaths
- Angry- Long, forced breaths
- Calm– Steady, slow breaths
- Happy- Long inhalations and exhalations

The Hourglass Breathing Meditation.

Move into an upright, dignified posture with your legs crossed and spine tall. Try and distribute your weight evenly on either side.



Start at the top of the hourglass.

Take a moment to observe all your thoughts as they come and go. Ask yourself, “How am I feeling right now?”

Notice if your stomach is clenched, or you feel tension or butterflies. Don’t bring judgement to what you are feeling, just observe and let the feelings be.

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Now move to the slender middle of the hourglass.

Focus in on your breathing, gently bring your attention to the physical sensations of the breath, notice where you feel the breath most strongly. Is it in your nostrils, chest or diaphragm? Let your attention rest there and follow your breaths.

Take a few breaths enjoying this connection.

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Now, on your next inhale, follow the breath through your whole body, and let your attention take in every part of yourself as your breath moves through you. As you exhale, remain focussed on your entire physical body. Notice the organs, muscles, and bones. In the next few complete breaths, follow your body to its edges. Notice the space around you and allow your body to take up all the room it takes up. Let yourself feel at home here and take a few breaths.

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