

Wordflow Mindfulness and Meditation

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

This week:

Becoming Aware of the Breath

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Mindfulness is a simple process.

*For breath is life, and if you breathe well
you will live long on earth. ~Sanskrit
Proverb*

In mindfulness, you learn how to pay attention to whatever's going on right now with the right attitude, whether what's happening is an internal or external experience. The challenge is remembering to be mindful, rather than reacting automatically, and letting go of your self-criticism and doubt as you begin to practise.

There are no goals in mindfulness, no completion of the journey. It is a lifelong practice with infinite rewards— but only if you stick with it!

Please ensure you are fit and healthy enough to undertake any new practice.

Concentrating on the breath is the core of mindfulness.

This breath meditation is to help bring your awareness to the breath, how we breathe, and how it helps bring calmness and focus to the mind. It's a demonstration of using the breath as an anchor for your thoughts, which can appear and vanish from your mind like a sparkling night's sky.



Close your right nostril with the thumb of your right hand and draw in a slow, gentle breath through the left nostril for the count of 4.

Then, with the ring and middle fingers of the right hand, close the left nostril also

Hold your breath for a count of 8.

Release the right nostril and breathe out slowly and gently, for a count of 4.

Change hands.

Close your left nostril with the thumb of your left hand and draw in a breath through the right nostril to the count of 4.

Then, with the ring and middle fingers of the left hand, close the right nostril as well.

Hold your breath for a count of 8.

Release the left nostril and breathe out slowly and gently, for a count of 4.

This is one set.

Once you have done one set, breathe normally for 8 complete breaths.

As you count from 1 to 8, place your right hand on top of your left and put your thumbs together.

Keeping your spine tall.

Then repeat, starting again by closing the right nostril with your right thumb.
