 Meditation with Breath

We can help control the mind by controlling the breath. Use simple belly breathing to control moods, develop concentration and help bring about a greater ease in your life.

• Sit up comfortably and let the eyes close.

• Take some breaths through the nose, gently closing the mouth.

• Begin to breathe with the intention of breathing from your belly.

• Notice your belly breathing as it naturally rises on the inhales and falls on the exhales.

• Do not force the breath. Let the breath naturally become slower and deeper.

• Stay tuned to the inner presence of breath, rising on the inhale and falling on the exhale.

• Stay with belly breathing for several minutes. Inhale the belly rises, exhale the belly falls.

• Let the mind & body settle deeper into a relaxed calm space.

• When you are ready, open your eyes and take a few moments before you go back to activity.