



5 Minute Beginning Mindfulness Practice

Begin by finding a comfortable position and gently noticing how your body feels. You can begin this practice with your eyes open or closed. Closing your eyes can help to reduce distractions and make focusing easier. If you open your eyes, let your gaze be soft. Not focusing on anything you see and let yourself be with the life as it unfolds before you.

Now softly, bring your attention to the place in your body where you can feel the sensations of your breath as it flows in and out. Your focus could be on your mouth, chest, abdomen, or the tip of your nose. Let your focus be on the direct changing sensations of the breath. Let your body continue to breathe naturally. There is no need to control the breath in any way.

As your attention steadies and awareness becomes more sensitive, look closely at the changing and varied breath sensations. Notice the rising and falling of abdomen or chest. Notice the coolness of the in breath and the warmth of the out breath. Notice qualities of the breath: how long it is, how deep it is. You may also begin to notice the space between the breaths.

When your mind moves to something else: perhaps a noise, or a thought, or another sensation; you have not made a mistake. It's just the nature of the mind. Acknowledge that your mind moved and patiently and kindly bring your attention back to the breath. There's no need to fight thoughts or experiences. Simply choose not to follow them. You may note thinking or feeling and then select to bring your attention back to the breath.

When you practice with your attention on your breath, you can allow yourself to relax deeply in such a way that you drop in to a deeper place. Deeper than your story, your personality, or your identity. Simply staying present in the moment. Aware and resting in the very nature of your being.

Recognizing, sensing that you are already whole and present. That there's nothing more that you have to do and nowhere else to go.

Practice kindness and patience for all of the movements of your mind and for the flow of changing experience through this moment. Noticing, returning to the breath.

You may choose to end your practice by shifting your focus back to your surroundings. Opening your eyes and moving gently.