



10 Minute Mindfulness Practice

Begin by finding a comfortable position and gently noticing how your body feels. You may wish to close your eyes or to direct your gaze softly downward. Now gently bring your attention to the place in your body where you notice your breath. It may be the tip of the nostrils, the abdomen, or chest. Without changing the breath in any way, simply notice as it moves in and out of the body.

Allow your focus to be on the direct changing sensations of the breath. Allowing your body to continue to breathe naturally.

As thoughts come and go in the mind, you may simply note thinking, or feeling, hearing; and without giving any judgement to those thoughts patiently allow them to pass like clouds in the sky. Without following them or holding onto them. Simply notice and choose to return to the sensation of the breath.

As your attention steadies and awareness becomes more sensitive, you may notice the changing sensations of the breath. Noticing the rising and falling of the body in the abdomen, chest as the breath moves in and out. You may notice the length of the breath, a warmth or coolness. The space between the breaths.

You may notice that as thoughts come and go, as sensations arise and sensations dissipate, that there is a space between this noticing and reacting. In that space, is the choice to follow the thought, to move with the sensation, or to simply allow it to pass. Selecting to focus the attention again on the breath. Deepening the muscle and the awareness of the choice to focus our own attention rather than being at the whim of the mind. Gently, with kindness, returning to the breath.

Continue practicing for as long as you like. Let attention on the breath sensations steady and hold you in this moment. Practice kindness and patience for all of the movements of your mind and for the flow of changing experience through this moment.

Recognizing, sensing that you are already whole and present. That there is nothing more you have to do and nowhere else to go. Allowing life itself to come to you thorough the breath.

End your practice when you are ready by shifting your focus back to your surroundings. Noticing the sounds, the sensations of the body, opening your eyes, and moving gently.