

Preparatory Breathing Meditation



Sit on your chair so that your back is straight and against the back of the chair. Put both feet flat on the floor. Your back should be straight and shoulders level to help your concentration....

Let your hands lie loosely on your knees....Give your shoulders a shrug to make sure you're relaxed even though you're sitting upright. You're sitting in a relaxed and alert position...

Gently close your eyes. Imagine that any noises you hear from outside the room are coming from loud speakers within the room....

Relax any tension you may have in your body. Start relaxing your face. Any tension around the eyes and jaw line, relax and let the tension melt away... Now check and release any tension in the shoulders and arms.... Allow the tension to melt away..... Now your back..... legs right down to your toes.

Feel your whole body relaxed – all tensions have gone.

Now bring your awareness to your breathing....

Become aware of the rhythm of the breath without changing it. Feel the air fill your lungs, making them expand....

Feel the air leave your body and your lungs getting smaller.....

Remain focused on the rhythms of your breath for a few moments. Now deepen your concentration by focusing on the breath entering and leaving your body through your nose.....

Try not to think of anything else.....

Focus on the sensation at the tip of the nose. As the air enters your body it is slightly cooler and as it leaves it is slightly warmer....

Concentrate on this only.....

If other thoughts come into your mind, just bring your mind gently back to the sensation at the tip of your nostrils – as the breath enters and leaves your body.

To end your meditation, focus on any peaceful feeling you have and try and hold this feeling as you gradually relax your concentration...

End the meditation in your own time.....

Very gradually open your eyes and become aware of the room once more.