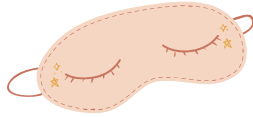


# Breath Awareness Practice



Settle into a comfortable position that supports you to be awake and aware.

For your support and warmth adjust your posture, using cushions, blankets, and blocks.

Eyes closed or gently downcast.

Gently bringing your awareness to your breath.

Notice how the breath feels as you inhale and exhale.

There is no need to alter your rhythm.

Kind-heartedly notice how each breath gently flows one after the other.



Sensing any sensations, thoughts, and feelings within your body with loving kindness.

Softly tune in to each breath, the kindness, the flow, notice how this feels.



Moment by moment, area by area, sensing any sensations throughout your body.



Guide with loving kindness, noticing whatever comes into your awareness. Bring curiosity and kind-hearted acceptance to whatever arises.



Use your breath as an anchor, lovingly escorting your mind back when it wanders. End the practice with some stillness, time to reflect on your personal experience.



Remember:

That you can always return to your breath to ground yourself in the present moment

So breathe!