

Five Minute Breath

We are going to take just a few moments to bring ourselves into the present, to take ourselves out of the stress and tension we have built up to this point in the day, and to step back from any worries we may have about the future.

By acting in the present moment, we can act with our full mental resources.

I would like you to focus and listen carefully to the bell, notice how its sound continues to reverberate for quite some time. Just focus your attention on the noise of the bell.

Now that the bell is gone, let us draw our attention to our breathing.

Your breathing is always with you. Whenever you feel stressed or are filled with tension, just focus your attention towards your breath as you inhale and exhale.

It will always be there for you to focus on in the present moment.

Notice how the air enters through your mouth or nose, begins to fill your lungs, and, if you are breathing deeply enough, expands your stomach.

Now, follow your breath as it turns outwards, as your stomach and chest slowly compress, and your breath escapes softly through your mouth or nose.

Just continue to follow your breath. In, and then out.

Let us make each breath a separate moment in time.

Each breath an opportunity to be in the present.

Once you gently inhale in and then out, pause for just a moment, then begin a new breath in and then out. (pause) Continue this for a few moments.

If your mind has wandered, just notice this and return your attention to your breath. Try not to judge yourself for any lapses in attention, or if you journey into the past or the future. Just gently return your attention to your breath and to the present moment.

Slowly inhaling in, the air traveling through your mouth or nose, filling your chest and stomach, and then softly exhaling as the nourishing air now leaves your body.

Now, focus your attention outwards towards the bell as we did at the start of this session. Again, listen carefully for the sound until it is no longer noticeable. Once you can no longer hear the bell, open your eyes, experience life in the moment, in a calm manner, where you notice what is required of you, and explore, through focused attention, how to move through your day as a series of moments where you will be both present and mindful.