

## Breathing Meditation

1. Sit with your back straight, head up and feet flat on the floor
2. Touch each of your index fingers to the thumb on the same hand
3. Close your eyes
4. Take a minute to focus on what you are feeling physically
5. Focus on where you feel your breathing most clearly: belly, chest, or nostrils
6. As you breath in think:  
“Breathing in, I know I am breathing in”
7. As you breath out think:  
“Breathing out, I know I am breathing out”
8. When your mind wanders, simply bring your attention back to your breathing

Practice “As best you can”. Our minds wander, because that is what minds do. Bringing your attention back to your breathing is as important as maintaining attention on your breathing.