

# meditation

## Breath Awareness

Start by settling in. Close your eyes if that is comfortable, or soften your gaze and pick a spot to focus on. Take an upright position with your neck and back straight but not rigid. Place your hands wherever they are comfortable. Bring awareness to your body. Notice your feet on the floor. Notice the contact of your body in the chair. Invite your body to begin to relax, to let go of any stress or tension that has been building today.

Become aware that your body is breathing. **There is no need to change the breath.** Just notice the breath wherever you feel it. Use the breath as an anchor. When you notice that you've become distracted or lost in thought, be compassionate with yourself and gently bring awareness back to your breathing.

If you like, you can set a timer for the length of time you would like to meditate. Or, when you are ready to bring the exercise to an end, simply open your eyes.