



Mindfulness of Breathing

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About Mindfulness Breathing

This technique involves using your breath as a focal point to enhance your concentration and remain present. It's important to note that the purpose of mindfulness of breathing is not to modify your breathing pattern (e.g., by intentionally breathing deeply or slowly). Instead, it serves as a means to observe the various sensations associated with breathing. During your practice, you may notice that your breath deepens and your body relaxes, which can be considered an additional benefit. However, there might be instances where you become more aware of tension, pain, or unpleasant emotions in your body. It's crucial to remember that this practice aims to increase your awareness of the present moment with acceptance and without judgement, even if it means becoming more attuned to challenging experiences and internal states.

To begin practicing mindfulness of breathing, you may find it helpful to allocate five minutes, once or twice a day. Gradually increase the duration by 2-3 minutes every few days. Incorporating this practice into your daily routine is also beneficial, such as taking a few moments to focus on your breath during your morning or evening routine, or even during your lunch break. With regular practice, you will experience greater benefits and find it easier to redirect your attention to the present moment.

Preparing for Mindfulness of Breathing

Find a comfortable sitting position where your back is supported and upright. Ensure both feet are planted on the floor, and gently tuck in your chin. Adjust your body until you feel a balanced and stable position that suits you.

Choose to either close your eyes or soften your gaze.



The Practice:

Direct your attention to your breath. Observe all the sensations associated with breathing: the airflow entering through your nose or mouth. You may notice that the exhaled air feels slightly warmer than the inhaled air.

Take note of the sensations as the air touches the back of your throat, travels down into your lungs during inhalation, and moves upward during exhalation.

Track the airflow all the way down to your lungs, noticing the movements of your chest, belly, and diaphragm. Observe how they expand outward with each inhalation and contract as you exhale.

Recognise the small pause between the inhalation and exhalation, and again between the exhalation and the next inhalation.

Follow the path of the air and observe all the sensations associated with breathing, as if you are riding the rhythmic waves of your breath.

If you prefer, you can choose to focus on a specific point in your breathing, such as the sensations linked to the airflow through your nostrils or mouth, or the sensations related to the movements of your chest, belly, and diaphragm.

Remember that the objective is to notice and observe with acceptance, letting go of any judgements that may arise.

Allow each inhalation to signify a fresh beginning, and each exhalation to represent a release.

Concluding the Practice:

When you feel ready to finish your practice, gently open your eyes and shift your attention to your surroundings.

Feel your entire body as it sits and breathes, experiencing each breath moment by moment. Continually invite yourself to be fully present, fully awake, right now in this very moment, with each breath.

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