

# Meditation Skill 07: Cultivate Skill in Observing

## Table of Contents

Meditation Skill 07: Cultivate Skill in Observing .....	1
Summary .....	1
Detailed Instructions.....	1
Your Meditation So Far .....	1
What You Are Learning this Lesson .....	1
Experience the Natural Flow of Your Breathing .....	2
EXPERIENTIAL MARKER 5 (15 minutes).....	2
If Attention Wanders or You Control the Breath.....	2

## Summary

**Function:** Observe natural breathing within your body.

Meditation Skill 07 is concerned with training attention on Experiential Marker 5, by tuning in the natural flow of breathing within your body. Experiencing breathing during meditation is done in a very general way. Not focusing in on anywhere, just keeping a gentle remembering of the general experience of each breath within your mind.

## Detailed Instructions

### Your Meditation So Far

**Experiential Markers:**

- Create your meditation posture
- MARKER 1: Remember the Touch of Your Thumbs.
- MARKER 2: Tuning Into the Experience of the Room.
- MARKER 3: Your Body as it Sits in Meditation.
- MARKER 4: Awareness Grounded Within Body.

You now join Marker 1, Marker 2, Marker 3, Marker 4 and Marker 5 sequentially together to create a grounding point for your attention during mindfulness of breathing.

### What You Are Learning this Lesson

EXPERIENTIAL MARKER 5: Natural Flow of Your Breathing.

## Experience the Natural Flow of Your Breathing

EXPERIENTIAL MARKER 5 (15 minutes)

As you soften into your body, the natural flow of breathing will appear to you as a subtle movement in the abdomen, chest and upper back. Allow awareness to sink into the area of your chest and into your lungs.

Feel the subtle expansion of your body as the breath comes in, its subtle stretch. Feel the gentle deflation of your body as it goes out, its relaxation. It is not necessary to focus in on the breath at this stage, maintaining a general knowing that your body is breathing is enough, the gentle expansion and deflation.

The key is to access the subtle pleasure of it.

Once you have tuned into the experience of natural breathing, bring awareness to this experience and embrace it all with a smile, establishing a stream of remembering on it.

.

## If Attention Wanders or You Control the Breath

In mindfulness of breathing, we change the way that we deal with distraction.

When you notice that your attention has wandered:

1. Soften awareness back into your body to ground it.
2. Experience what it feels like to be present.
3. Reflect on what it felt like to be distracted.
4. Let a slow breath out through your nose, relax, and wait for the breath to draw back in by itself. Thereby resetting the natural breath.

If you notice that you are controlling your breathing:

1. Let a slow breath out through your nose, relax, and wait for the breath to draw back in by itself. Thereby resetting the natural breath.

Stephen Procter

MIDL Mindfulness Meditation

midlmeditation@gmail.com

[www.midlmeditation.com/midl-meditation-system](http://www.midlmeditation.com/midl-meditation-system)