

Meditation Skills of Mindfulness of Breathing

MIDL Mindfulness of Breathing

Mindfulness of Breathing is a method of training your attention through observing the subtle sensations that arise through the 'touch' of the breath on your body.

Foundation of Grounding & Softening

- 1) Meditation Skill 01: Grounding Your Attention.
- *) Meditation Skill: Retrain Your Breathing Patterns.
- 2) Meditation Skill 02: Softening Into Breathing.
- 3) Meditation Skill 03: Skill of Softening Into.

*Optional skill.

TIER 1 Mindfulness of Breathing: stage 1

- 4) Meditation Skill 04: Cultivate Skill in Mindfulness.
- 5) Meditation Skill 05: Cultivate Skill in Focusing.
- 6) Meditation Skill 06: Cultivate Skill in Grounding.
- 7) Meditation Skill 07: Cultivate Skill in Observing.
- 8) Meditation Skill 08: Cultivate Skill in Allowing.

TIER 1 Mindfulness of Breathing: stage 2

- 9) Meditation Skill 09: Cultivate Skill in Applying.
- 10) Meditation Skill 10: Cultivate Skill in Acknowledging.
- 11) Meditation Skill 11: Cultivate Skill in Sustaining.
- 12) Meditation Skill 12: Cultivate Skill in Experiencing.
- 13) Meditation Skill 13: Cultivate Skill in Stabilising.

TIER 2 Mindfulness of Breathing

- 14) Meditation Skill 14: Cultivate Skill in Joy & Tranquility.

TIER 3 Mindfulness of Breathing

- *) Meditation Skill: Transitioning from Doing to Knowing.
- 15) Meditation Skill 15: Cultivate Skill in Intimate Attention.
- 16) Meditation Skill 16: Cultivate Skill in Unification.

*Optional skill.