

Meditation on Breath



If you can breathe, you can meditate.

Meditation is a natural process that clears the mind of all mental fluctuations, allowing it to remain calm and open to insight and deepened understanding. It is as natural as breathing, singing, dancing, praying, and visualizing.

Meditation is the process of being mindful of your mental thoughts, releasing the constant mental and emotional chatter, and making space for peace, wisdom, and insight to arise.

The process itself is simple. The challenge comes because as the mind quiets down, your current and dormant thoughts arise, seeking attention. This is to be expected. You will learn to handle these errant thoughts. They are not an interruption to your meditation; *they are an integral part of it.*

Benefits of Meditation

- It is scientifically proven to bring benefits. You can find numerous studies online.
- Offers relaxation down to the cellular level
- Reduces stress and anxiety
- Creates even-mindedness in all circumstances
- Diffuses impatience and anger
- Increases self-assurance
- Minimizes dependence on outer events and people to bring self-fulfillment and joy
- Increases mental and emotional clarity
- Expands creativity
- Opens intuition
- Enhances positive outlook on life
- Diffuses and releases addictions
- Strengthens the immune system
- Promotes faster healing
- Establishes and maintains a more clear connection with the Source of life – whatever you perceive that to be.

Meditation Guidelines

- **Find a quiet location, space.** When possible, use the same location each time. Your body and mind become conditioned to think “meditation!” when you sit there.
- **Be Uninterrupted.** Turn off phone, don’t answer door, notify others to not interrupt you
- **Get comfortable.** Sit upright with a straight, but not stiff, spine; be alert but relaxed. It’s okay to lean back if you don’t fall asleep. Accommodate your body. You can lay down if sitting isn’t possible, but adjust so you don’t fall asleep.
- **Wear comfortable clothing.** You may want a sweater or blanket, because your body temp may drop slightly.
- **Close your eyes.** You want to move your attention from outer life events to inner awareness.
- **Observe your breath.** Simply observe your breath as it naturally moves in and out. Allow it to flow naturally and just observe. It may be slow, rapid, irregular, smooth, shallow, deep ... anything is

fine. Breath flows as is necessary to support you. Breath knows what you need, and adjusts accordingly. There is not right or wrong way to breathe in this practice – just allow it to “be” and observe it with your attention. If you find yourself holding breath, release it. If you “sigh” (breathing deeply and releasing), or yawn, simply observe.

- **The mind will wander and thoughts will arise.** The moment you notice this, *release the thought and return attention to observing the breath.* Your meditation will thus cycle back and forth.

*Observe Breath – Thought Arises – Notice the Thought –
Release the Thought – Return to Observing the Breath...*

At times you may follow a thought for a long time before remembering that you are meditating. This, too, is to be expected. When this happens simply follow the above procedure by returning attention to the breath. *Regardless of how “busy” your meditation seems to be, your mind and body is benefitting.*

- **Sit for 10-15 minutes a day.** As you gain skill, sit for 20 minutes once or twice a day.
- **Move out of meditation slowly.** Your brain and body will have moved into a deeper state of consciousness. Your brain waves will have altered and body processes slowed down. So, you need to adjust to outer surroundings slowly. If you come back quickly, it can cause headaches or jitteriness. If you are interrupted during meditation, handle the situation, and then move back into meditation so you can then move back out slowly.
- **No one session is transformational.** It is the *accumulation of consistent daily practice* that creates the changes you seek.

There are many methods of meditation. *Meditation on Breath* is only one, but it is easily understood and practiced by millions across the globe. Additional information, audio podcasts of five variations of meditation, and a video demonstration by Ellie Hadsall are available at www.CosmicGathering.com.



*Meditation is a science and can be practiced by people
of all cultures, spiritual traditions or religious preferences.*



*Wakan Tanka, Great Mystery,
Teach me how to trust my heart, my mind, my intuition, my inner knowing,
the senses of my body, the blessings of my spirit.
Teach me to trust these things so that I may enter my Sacred Space
and love beyond my fear, and thus Walk in Balance
with the passing of each glorious Sun.
- Lakota Prayer*



*Meditation . . .because some questions can't be answered by Google.
- Unknown*