

AFFECTIONATE BREATHING

- Please find a posture in which your body is comfortable and will feel supported for the length of the meditation. Then let your eyes gently close, partially or fully. Taking a few slow, easy breaths, releasing any unnecessary tension in your body.
- If you like, placing a hand over your heart or another soothing place as a reminder that we're bringing not only awareness, but affectionate awareness, to our breathing and to ourselves. You can leave your hand there or let it rest at anytime.
- Now beginning to notice your breathing in your body, feeling your body breathe in and feeling your body breathe out.
- Just letting your body *breathe you*. There is nothing you need to do.
- Perhaps noticing how your body is nourished on the in-breath and relaxes with the out-breath.
- Now noticing the *rhythm* of your breathing, flowing in and flowing out. (pause) Taking some time to *feel* the natural rhythm of your breathing.
- Feeling your *whole body* subtly moving with the breath, like the movement of the sea.
- Your mind will naturally wander like a curious child or a little puppy. When that happens, just gently returning to the rhythm of your breathing.
- Allowing your whole body to be gently rocked and caressed – *internally caressed* - by your breathing.
- If you like, even *giving yourself over* to your breathing, letting your breathing be all there is. *Becoming* the breath.
- Just breathing. *Being* breathing.
- And now, gently releasing your attention to the breath, sitting quietly in your own experience, and allowing yourself to feel whatever you're feeling and to be just as you are.
- Slowly and gently opening your eyes.

