

What is Mindfulness?

Part 2.2

GUIDED MEDITATION: Mindful Breathing

A photograph of a modern interior space. In the foreground, a white Eames-style chair with a black base and wooden legs is partially visible. To its right, a large, round, light-colored wicker basket sits on a light wooden floor. Behind the basket, a potted plant with long, green, feathery leaves is in a black pot. In the background, a cane chair with a light-colored frame is visible. The scene is brightly lit, with soft shadows on the wall and floor.

finding a
comfortable
place to sit

A minimalist interior scene featuring a white Eames-style chair in the foreground, a wicker basket on a wooden floor, a potted plant, and a cane chair in the background. The text "just allow your eyes to close" is overlaid on the white chair.

just allow
your eyes
to close

if you prefer to keep your eyes open, you can just have a soft gaze pointed towards the ground.

breathing in deeply

breathing out slowly

relaxing the shoulders on the
out breath

breathing in deeply

breathing out slowly

you can just allow your breath to
return to its natural rhythm

no need to control the breath in
any way, but just allowing the
body to breath itself

Allowing that natural rhythm of
the body to take over

giving ourselves permission
to just be here

without having anything to do

without having to go
anywhere

or achieve anything

and just allowing the body
and the mind to rest

Keeping the
spine
lengthened,
but relaxing
the shoulders



Relaxing the muscles in
the face and the jaw.





Relaxing the neck.

As you continue to allow your
body to breathe naturally

and from this place of stillness, in
this place of relaxation, you can
bring your awareness onto the
feeling of the breath in the body.

just notice, where do you feel the
breath the most in the body?

Where can you notice any physical sensations of movement in the body?

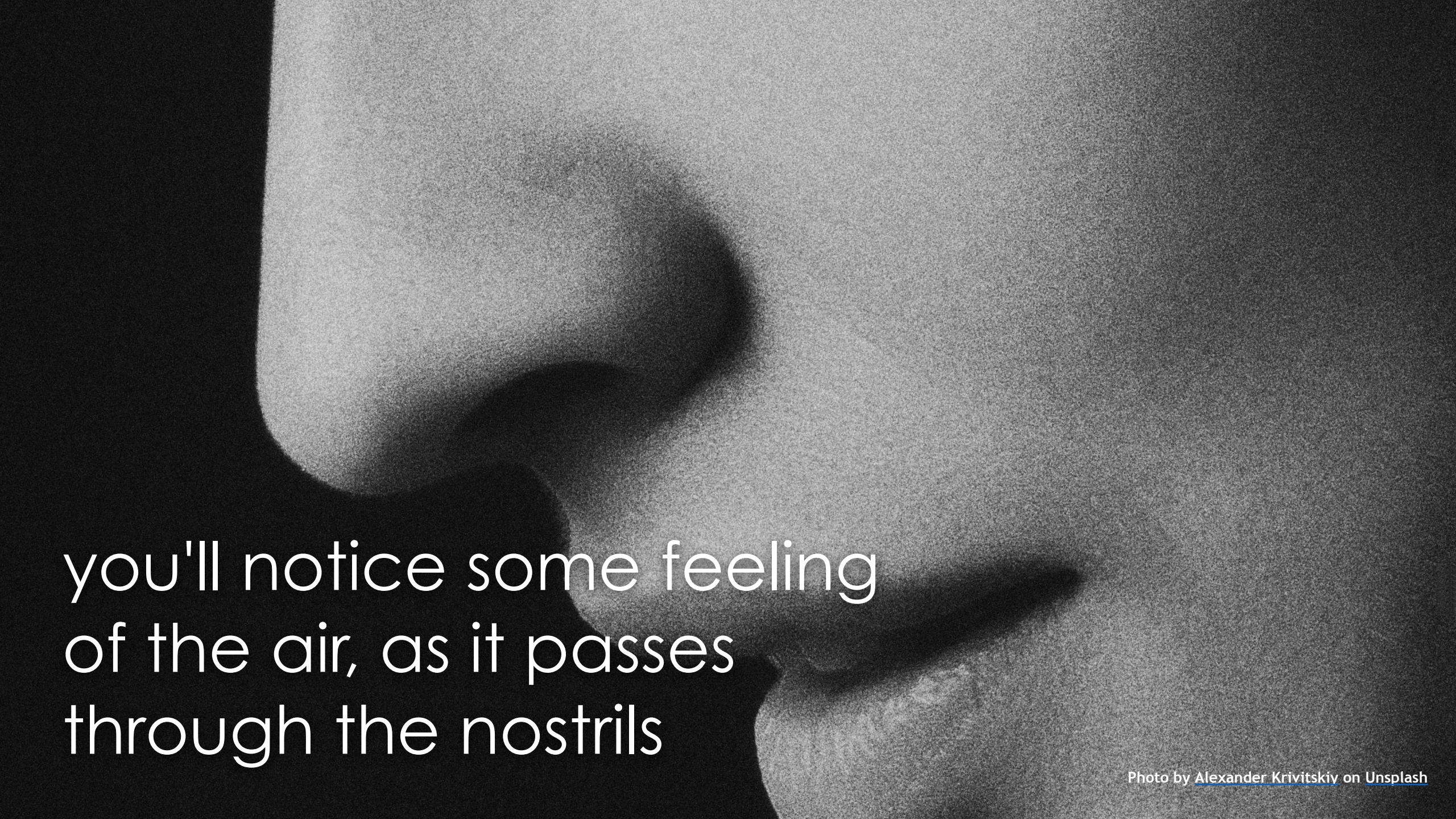
Where can you notice any physical sensations of movement in the body?



You might notice the rising
and falling of the belly.



You might bring your
attention to the expansion
and contraction of the chest



you'll notice some feeling
of the air, as it passes
through the nostrils



Just, noticing where you
feel the breath the most

Photo by [Alexander Krivitskiy](#) on [Unsplash](#)



Just, noticing the
texture of the breath,



without judging it
as good or bad,

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but just observing

You might notice the whole movement of the breath as it comes in through the nostrils, and down the throat, and, as the belly expands.

on the outbreath as the belly contracts, and the air gets pushed up through the lungs, out the throat, and out the nostrils.


see if you can follow the
movement of the breath

You can either pick a single spot
and see how the breath
changes in that spot over time


or follow through the different
places in the body.

Just stay connected to the
present moment.

we can go ahead and take a
deep breath in, and a deep
breath out

A close-up, profile view of a woman's face, focusing on her eyes. She has light green eyes and is looking slightly to the right. The lighting is warm and soft, highlighting the texture of her skin and the details of her eyelashes. Her hair is dark and appears to be pulled back.

allow your eyes to
open, again
taking in the room
around you, just
noticing your
environment

A close-up, profile view of a woman's face, focusing on her eyes and nose. She has light green eyes and is looking slightly to the right. The lighting is warm and soft, highlighting the texture of her skin and the details of her features. Her hair is dark and appears to be pulled back.

Checking in with
your feelings and
emotions, seeing if
you notice any
calm or relaxation.

Hope you have a wonderful day