

Building Concentration

Part 4.2

GUIDED MEDITATION: Labeling the Breath



find your
comfortable
position

A woman with long, dark, wavy hair is shown in profile, facing left. Her eyes are closed, and she has a serene expression. She is wearing a dark top and a large, ornate earring. The background features a sandy beach with dunes covered in dry, golden-brown vegetation under a bright, clear sky. The overall mood is peaceful and contemplative.

you can allow
your eyes to close

Photo by [Amandine Lerbscher](#) on [Unsplash](#)



taking a few deep
breaths to relax
the body and
relax the mind

Breathing in deeply

breathing out slowly

Breathing in

breathing out

return to its natural rhythm

Letting the body breathe itself

inviting the body to soften
and to relax

Letting go of any to do lists.

Letting go of any agenda.

bring your attention onto the
feeling of the breath once again

connecting with wherever you
feel the breath

Noticing how it changes over time.

you can start to practice the
labeling technique



“rising”

“falling”

“rising”

“falling”

“rising”

“falling”

whenever your attention wanders
away from the breath and
whenever you notice, just
acknowledge that the attention has
wandered and gently bring your
attention back to the breath

Without any judgment or self-criticism just practicing acceptance.



“rising”

“falling”

“rising”

“falling”

see if you can keep most of your
awareness on the physical sensations
of the breath

Just letting the words be very quiet and
soft voice in the back of your mind

Breathing in noting rising.

Breathing out noting falling.

With the noting practice we're just giving the monkey mind something to do, something to keep it busy.

And then we just keep bringing
our attention back to the present
moment.

Just observing what you're
experiencing.

And just notice where is your
attention right now.

Is it with a thought, a pain in the
body, a judgment?

Wherever your attention is just
notice, acknowledge it.

Allowing it to be there

inviting your attention back
to the feeling of the breath
and the body

Just feeling the rise and fall
of the belly or the chest.

Really don't worry too much
about what is distracting you.

Whether it's a sound in their
environment.

Or a thought and an emotion.

Pain in the body.

just acknowledge it and let it go.

Inviting the attention
back to the breath.

Breathing in, “rising”.

Breathing out, “falling”.

take a deep breath in together

Breathing in deeply

and breathing out slowly



In your own time
allowing your
eyes to open.

Just take a moment to notice
how you feel.

It will keep wandering but this
will help us keep coming back
to the breath.

Next Video

How To Cultivate a Body Awareness With the Body Scan Meditation