

4 STAGE MINDFULNESS OF AND WITH BREATHING MEDITATION

(1. Relaxing the body)

- *Let your awareness descend into the body, right down to the ground, right down to the Earth element...*
- *With a quiet mind, an attentive mind, simply be present within the body as you allow your awareness to rise up and fill the whole space of the body right up to the top of the head...*
- *And as you are mindfully present throughout the body, set it at ease, in areas of tension, such as the shoulders, the base of the neck...*
- *Let your body be still apart from the gentle movement of your breath...*

(2. Attending to the sensations of breath)

- *Now, settle your breathing in its natural rhythm, in its effortless flow...*
- *Relax deeply with each outbreath...*
- *Now, bring your awareness to the sensations of the breath...*
- *Let your awareness alight on the sensations of breath like a feather on a wave...*

(3. Letting go with the exhale)

- *Now bring your awareness the sensations of the exhale...*
- *And let go with the exhale, all the way through the exhale, letting go, letting go, letting go... Letting go all the way through the exhale and continuing to let go beyond the end of the exhale, continuing beyond the end of the exhale to let go, to let go, to let go...*
- *Until the next breath flows in effortlessly... like a wave washing up on shore*
- *And let the body breathe... let the body breathe, let the body breathe...*
- *And now allow your awareness to drop deeper still...*

(4. Going with the flow)

- *Now allow your awareness to drop deeper still, let your awareness drop down into the flow of the sensations of breath...*
- *Into the flow of breath that is an exchange between your body and the body of the tree nearby, between your body and the body of the grasses, between your body and the deer who stands and listens now... the rocks... the running water... the Earth herself...*
- *And let your awareness rest in this effortless, reciprocal exchange between your body and all that is alive, with all that breathes...*
- *And just allow yourself to be carried in this way in the effortless flow of all that breathes, again, and again, and again...*

(And if, at any time, you notice that your awareness has been carried away by thoughts, by feelings, by daydreams, let your first response be to relax, and, with a sense of warmth towards yourself, allow your awareness to once again fall back into the field of the body and the sensations of the breath...)