

RELAXATION TECHNIQUES

Simple 10-Minute Mindfulness Meditation

We are going to do a guided meditation on the breath which will help you learn to simply be and to look within yourself with mindfulness.

To allow yourself to switch from the usual mode of *doing* to a mode of not *doing*.

Just simply BE.

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Sitting in an upright posture in the chair, make yourself comfortable.

Feet flat on the floor. With your back supported. Place your hands in your lap.

You are invited to close your eyes, but if you do not feel comfortable with this find a mid-point on the floor in front of you to focus on.

As you allow your body to become still bring your attention to the fact that you are breathing.

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Become aware of the movement of your breath as it comes into your body and leaves the body.

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Don't try to manipulate the breathing in any way, don't try to change it simply be aware of it.

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And be aware of the feelings associated with breathing

Now observing the breath, breathe down into your tummy, feel the stomach cavity as it expands gently on the out breath and it falls back towards your spine on the in breath.

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Being totally here in each moment with each breath you take.

Not trying to do anything. Not trying to get anywhere. Just simply being with your breath.

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Give full care and attention to each in breath and to each out breath as they follow one another on a never ending cycle.

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You will find, that from time to time, your mind will wander off into thoughts. When you notice that your attention is no longer there and no longer with your breathing, without judging yourself, bring your attention back, back towards your breathing and ride the waves of your breathing, as you breathe in and out.

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Every time you find your mind wandering off the breath, gently bring it back to the present. Back to the moment by moment, observing the flow of your breathing.

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Now as you observe your breathing you may find from time to time that you are becoming aware of sensations within your body. As you maintain awareness of your breathing, see if it is possible to expand the field of your awareness so that it includes the senses of your whole body as you sit here.

Feeling your body from head to toe and becoming aware of all the sensations in your body so that now you are observing not only the flow of your breathing but the sense of your body as a whole. As you breathe in, feel the breath flow around your whole body. As you breathe out, feel your whole body releasing that air.

-oOo- 5 minutes

Again, whenever you notice that your mind is wandering off; just bring it back to your breathing and your body as you sit here not going anywhere, not doing anything, and just simply being.

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Re-establish your awareness of the body as a whole and on the breath as it moves in and out.

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Just being with your breath from moment to moment, just sitting still, looking at nothing and being present to all, just as it is, just as it unfolds, just being right here, right now, complete, human and whole.

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Re-establish your awareness on the body as a whole, on the breath as it moves in and out. Back to a sense of fullness, with each in breath and the fullness of each out breath.

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If you find yourself at any point drawn into a stream of thinking and you notice you are no longer observing the breath just use your breathing and sense of your body to anchor you. Feel your feet on the floor, stabilise yourself in this present moment, and return to that in breath.

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Just being with your breathing from moment to moment, sitting in this stillness, looking for nothing and being present to all. Just as it is. Just as it unfolds. Just being right here right now.

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As the present comes to an end you might give yourself credit for having spent this time nourishing yourself in a deep way, dwelling on a state of non-doing, in this state of being and for having intentionally made time for yourself to simply be who you are. As you move back into the world allow the benefits of this practice to expand into every aspect of your life.

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When you are ready, gently open your eyes and take your time to bring yourself back to us. Take your time.

3-Minute Breathing Space Meditation

Step 1: Becoming aware

Deliberately adopt an erect and definite posture, whether sitting or standing. If possible, close your eyes. Then, bring your awareness to your inner experience and acknowledge it, asking: what is my experience right now?

- What *thoughts* are going through the mind? As best you can, acknowledge thoughts as mental events.
- What *feelings* are here? Turn towards any sense of discomfort or unpleasant feelings, acknowledging them without trying to make them different from how you find them.
- What *body sensations* are here right now? Perhaps quickly scan the body to pick up any sensations of tightness or bracing, acknowledging the sensations, but, once again, not trying to change them in any way.

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Step 2: Gathering and focusing attention

Now, redirecting the attention to a narrow 'spotlight' on the physical sensations of the breath, move in close to the physical sensations of the breath in the abdomen . . . expanding as the breath comes in . . . and falling back as the breath goes out. Follow the breath all the way in and all the way out. Use each breath as an opportunity to anchor yourself into the present. And if the mind wanders, gently escort the attention back to the breath.

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Step 3: Expanding attention

Now, expand the field of awareness around the breathing so that it includes a sense of the body as a whole, your posture and facial expression, as if the whole body was breathing. If you become aware of any sensations of discomfort, tension, feel free to bring your focus of attention right in to the intensity by imagining that the breath could move into and around the sensations. In this, you are helping to explore the sensations, befriending them, rather than trying to change them in any way. If they stop pulling for your attention, return to sitting, aware of the whole body, moment by moment.

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Resources

10 Minute Guided Mindfulness Meditation,

<https://www.youtube.com/watch?v=kRGwFuJ9KyY>

3-Minute Breathing Space Meditation,

<http://cdn.franticworld.com/wp-content/uploads/2012/02/Three-Minute-Breathing-Space-meditation-from-book-Mindfulness-Finding-Peace-in-a-Frantic-World-128k.mp3>