

Breathing Basics

So with the body, aligned in a comfortable state, we can follow our breath, whether we breathe in, or breathe out. We just follow our breath and allow it to flow, comfortably. Noticing the cool dry air as it enters our nostrils, and warm, moist air as it leaves. Following the gradual filling of our nostrils with an inhale, similar to what happens when we try to smell the delicate scent of a flower, then letting the breath go, to escape. Repeating the process, one, two, three thousand times. Our breathing is an activity that involves muscles drawing our breath in, followed by a letting go of those muscles as we allow the exhale to drift out like a sigh of relief.

Every out breath, a letting go that lets go slightly more than the previous out breath. And as we follow our breath in, cool, dry air down our throat, warm, moist air coming out, our breath can settle into a routine that is comfortable, easy. And how easily does our rib cage move as we breathe in, and out? So that, gradually, we can observe the way the movement of our rib cage influences the movement of our belly, so that now our breathing can noticeably influence our belly

And as we sit and follow our breath, our conscious and unconscious thoughts can start to fall into a rhythm, to calm down. And as we play with our breath and our attention, our awareness can continue to orient itself more and more towards our internal states.

Observing how much and how little our body cooperates with our breath.

Letting the exhale escape. like a sea mist drifting over the wave tops.

And with just this short meditation, notice the changes in your body, your feelings, your mind.