

Focus on Breath

1. While standing or sitting (even leaning with your back against a wall is fine), be aware of your feet grounded on the floor. Close your eyes.
2. Take a deep breath in, scanning your entire body up and down, from your toes to the top of your head, then back down again while breathing out.
3. As you inhale and exhale, breathe deeply through your nose, until your belly fills with the air. When exhaling, control the air as it leaves your lungs.
4. Make breathing in and out your only responsibility. Listen to your breath as it goes in and out of your nose. Feel it as it fills your lungs. Control it as your lungs empty.
5. Do this for one minute. At the end of the meditation, open your eyes.