



## Breathing and Centering Exercise

- This practise is designed to quiet your mind, and to focus your attention inwards.
- You can practise these steps for a few minutes or for as long as you wish.
- In the beginning try 5 to 10 minutes and build up to 20 minutes.

### Steps

1. Sit in a chair with your legs uncrossed and your feet flat on the floor. Close your eyes to help remove your attention from external distraction.
2. Put your attention on your breath, and concentrate on it as you breathe in and out. Let your mental state be receptive. Follow your breath, and let your body relax as you breathe. Your breath is a good internal reference point, because it is always there, every moment. Your breath provides a neutral focus, because it has no content or agenda of its own.
3. As you follow your breath in and down, let your breath deepen until it seems to disappear, right into the centre of your body.
4. When your attention goes away from your breathing to some thought, feeling, or sensations, just notice it happening. Then let your attention return to your breath. As you continue to follow your breathe, you will gradually become free from your ordinary preoccupations and reactions.
5. When you have completed this practise, bring your attention back to your external surroundings. Become aware of yourself sitting in the chair, hear the sounds around you, feel your feet on the ground, and open your eyes.
6. Have a good stretch and a large glass of water.