



# Mindfulness Meditation

## Becoming Friends with Breathing

This meditation can be done anywhere that feels good so that it helps you relax and calm down. If you learn to notice your breathing and stay with each breath, it can be one of the biggest friends that you have. It is like magic! And it's been researched by scientists. A fully noticed breath relaxes the body, feeds the brain, and lessens pain.

See if you can notice your breath at your nostrils by directing your attention to the base of your nose. Can you sense and feel it?

*Breathing in,  
Breathing out.*

Is it cold, warm, or tingly? If you forget your breath, find it again.

*Breathing in,  
Breathing out.*

Sometimes, the breath is hard to be with because of pain and difficult emotions. The cool thing though is that the breath is always happening no matter what is going on. The longer you can stay with it, the better results.

*Breathing in,  
Breathing out.*

Getting curious helps. Is it fast? Slow? Long? Short? No need to do anything to it. Just breathe and notice what it is like. You can gently and inwardly say, "in" with each in breath, "out" with each out breath.

It may be hard at first, but stay with it as you invite warmth and gentle attention. This is how you become better friends with breathing and yourself. Each moment adds up and makes a difference.

Well done and remember it's just a practice!