

**Take a few moments to be still. Acknowledge yourself for taking some time for mindfulness practice today. Notice what you are experiencing now—mentally, emotionally, physically. Just notice, there is no need to change anything or try to feel differently.**

**Assume a regal posture, with your spine straight, allowing for a natural curve in the lower back. Allow your shoulders to go back and down, heart is open.**

**Bring your awareness to your breath wherever you notice it most. This may be at the nose, neck, chest, belly, or somewhere else. As you breathe in normally and naturally, be aware of the in-breath, and the out-breath. Simply maintain this awareness, allowing the mind to rest upon the breath.**

**There is no need to count, visualize, change anything or figure anything out. Just be mindful of the breath, in and out. Without judgment, watch the breath. There is no place to go, and nothing to do, just be here now, noticing what it is like to just be here, breathing.**

**From time to time, the mind will wander away from the breath. When you notice this, simply label it “thinking”, and gently bring the attention back to the breath. Without judgment, simply notice and gently bring the mind back. This may occur many times during the meditation practice, and the instruction is the same each time. Simply notice, and bring the attention back to the breath.**

**During the day take a moment to ask yourself one or more of those questions:**

**What do I notice right now about the condition of the my body?**

**What do I notice right now about the condition of my mind?**

**What do I notice right now about the quality of my attention?**

## Breath Awareness 1