

The Chill Spot



Meditation Breathing

1. Find a quiet place you will not be disturbed. Eliminate anything that might distract you for the next 20 minutes (e.g., silence your phone, turn off media, etc.).
2. Set a timer (e.g., phone, clock, etc.) for 20 minutes.
3. Sit comfortably in a chair or on a cushion on the floor keeping your back straight.
4. Close your eyes and take a few deep breaths through your nose to settle in.
5. Begin to notice your breathing. Begin to breathe for 3 seconds (e.g., one thousand one, one thousand two, one thousand three). Pause and then exhale for 3 seconds. This will be the pattern of your breathing throughout your meditation.
6. Allow your attention to remain in the mere sensation of breathing.
7. Every time your mind wanders in thought, gently return it to the sensation of breathing.
8. As you continue to focus on your breathing, you will notice other perceptions and sensations: sounds, feelings in the body, emotions, etc. Notice them but redirect your attention to the sensation of breathing and the rhythm of inhaling and exhaling.
9. When you notice you have begun to think of something, let that thought go and return your attention to breathing.
10. Continue breathing in this way until the alarm sounds.
11. Don't fall over.
12. Here is a link to meditate to: <https://www.youtube.com/watch?v=wGFog-OuFDM>