**10 minute mindfulness of the breath**

**(Count 3-5 for …, 6-10 for …………..)**

5 second pause, 3 bongs over 10-15 seconds

For this practice, as best as you can, find a position where you are upright and alert and can pay attention to your breath…. So finding yourself a comfortable position in which to sit for the next few minutes, allow your eyes to close……. Becoming aware of the contact between your body and the surfaces supporting it….the chair beneath your thighs and buttocks, the floor beneath your feet.

1-2 breaths

And now, moving your attention to the physical sensations of your breathing. Observing the changing patterns of sensation as your breath moves in, and out, of the body….. Focus your awareness where you notice the breath most…… This may be the tip of your nose, as you notice cool air enter your nostrils,… it may be the back of your throat,… or maybe the rise and fall of your chest or abdomen as your breath moves in and out of the body……. When you first do this practice, you may like to place your hand on the abdomen and become aware of the changing physical sensations where your hand is in contact with the abdomen…… When you have ‘tuned in’ to what is there, removing your hand, but as best as you can, staying focussed on the sensations in the abdominal wall.

1-2 breath

Tune in to these changing physical sensations, as best as you can, all the way through, as the breath enters your body on the in breath, and all the way through as the breath leaves your body on the out breath,… perhaps noticing the transition between one out breath and the following in breath.

2 breaths

There is no need to try to control the breathing in any way …… simply let the breath breathe itself…. There is nothing to be fixed,… no particular state to be achieved…. There is no right way, and no wrong way to do this practice…..As best as you can, simply allow your experience to be your experience without needing it to be other than it is………………….

2 breaths

Sooner or later, usually sooner, your mind will wander away from the focus on the breath…to thoughts,.. planning,.. daydreams,.. drifting along …. whatever. This is perfectly OK ……….. it’s simply what minds do. It’s not a mistake, or a failure….. Whenever you notice that your awareness is no longer on your breath, this maybe after a few moments, it may be after a whole train of thought, when you notice gently congratulate yourself…. You have come back, and are once more aware of your experience…*Each* time your mind wanders, simply, and gently, escort your awareness back to the breath, and resume following, in awareness, the changing patterns of physical sensation that come with each in breath and each out breath.

As best as you can, bring a quality of kindliness to your awareness, perhaps seeing the repeated wanderings of the mind, as opportunities to bring patience, and gentle curiosity, to your experience…. Sitting in silence for the next few minutes, reminding yourself from time to time, that the intention is simply to be aware of your experience, in each moment, as best as you can, using the breath as an anchor to gently reconnect with the here and now, each time you notice that your mind has wandered.

3 minutes – adjust if necessary

And now….., expanding your attention……, follow the breath all the way, as it enters and leaves your body…..

1 breath

Becoming aware of your body as you sit….. Feeling the sensations of the chair against your thighs,.. your feet resting upon the floor. …….

When you are ready, become aware of the room in which you are sitting and when you hear the bells…., gently….., with an air of kindliness….open your eyes

5-10 secs

15 sec bongs