Silent Breath Observation

Silent breath observation is a simple, grounding practice that fosters mental quiet and prepares the body for deep rest. Ideal for calming a busy mind before bedtime.

**Steps**

1. Get Ready for Bed

* Lie down or sit comfortably in a quiet space.
* Let your hands rest gently at your sides or on your stomach.
* Close your eyes and settle in.

1. Notice the Breath

* Without changing anything, begin to observe your natural breath.
* Feel the air move in and out through your nose.
* Notice the rise and fall of your chest or belly.

1. Allow Everything to Slow Down

* Don’t control the breath — just notice it.
* Let your thoughts pass by like clouds, without following them.
* Each time you notice thinking, gently return to observing your breath.

1. Deepen Awareness

* Tune in to the space between each inhale and exhale.
* Feel the subtle pause and stillness in your breath.
* Allow this stillness to grow, gently spreading through your body.

1. Settle Into Rest

* As your breathing stays quiet and natural, allow your body to soften.
* Let go of any effort or mental activity.
* Rest in this peaceful state of breath awareness.

**Tips for Silent Breath Observation**

* It’s normal for the mind to wander — just keep returning to the breath.
* No need to count or guide the breath — simply observe.