



NOTTINGHAM  
Buddhist Centre

# MINDFULNESS OF BREATHING MEDITATION

<b>SETTING UP</b>	<p>Spend some time ensuring that your posture is comfortable, upright and relaxed. Direct your attention to your environment using your different senses to become aware of your surroundings, particularly feeling the contact of your body with the ground and seat. Direct attention to your inner experience, such as noticing any thoughts that are present, becoming aware of your body by scanning through it sequentially, and becoming aware of your emotions.</p>
<b>FIRST STAGE</b>	<p>Breathing naturally, count after each out-breath in cycles of ten in-and-out breaths. So it goes: breathe in, then out, and count 1; breathe in, then out, and count 2; breathe in, then out, and count 3; and so on until you get to 10, then you start again at 1. You might feel more emphasis on letting go and relaxing with the out-breath at this stage.</p>
<b>SECOND STAGE</b>	<p>Breathing naturally, count before each in-breath. There is a subtle difference here in the quality of attention as it now involves some anticipation. As in stage one, count in cycles of ten breaths: count 1, breathe in, then out; count 2, breathe in, then out; count 3, breathe in, then out; and so on until you get to 10, then you start again at 1. You might feel more emphasis on opening up and energising with the in-breath at this stage.</p>
<b>THIRD STAGE</b>	<p>Let go of the counting and explore with your attention the sensations of the whole breath in your body. You can use your imagination, imagine breathing in and out a colour, the gently movement of waves on a shore etc.</p>
<b>FOURTH STAGE</b>	<p>Now gather your attention to the sensations at the point where the breath enters and leaves your body- usually around the tip of the nose, but sometimes in the mouth or at the back of the throat. Enjoy the subtle experience of those sensations.</p>
<b>SETTING DOWN</b>	<p>Take your time coming out of the meditation by letting go of the method and spending a few minutes enjoying the effect of the practice. Then broaden out your attention to include the whole of your breath, body, the room etc.</p>