

Focused Attention-Attention of the Breath

01

Assume a comfortable posture lying on your back or sitting; keep the spine straight and let your shoulders drop.

02

Close your eyes, if it feels comfortable.

03

Bring your attention to your belly, feeling it rise or expand gently on the in breath and fall or recede on the outbreath.

04

Keep the focus on your breathing, “being with” each in breath for its full duration and with each outbreath for its full duration, as if you were riding the waves of your own breathing.

05

Don’t control the length of your breath. Let the breath breathe itself.

06

When your attention leaves the breath and moves to another object (to a sense experience, a feeling, a thought, and so forth), without focusing on the experience, gently but firmly go back to the touch sensation of the breath.

Note: Do this meditation with nonjudgmental, kind, and curious attention. There is no such thing as “success” or “failure” in a meditation practice. All that is required is your effort to show up for yourself. There is also no “right” or “wrong” way to feel. Meditation is not about having a particular experience (like peace or calm, although those might arise), it is about your relationship to the experience you’re having.