

## Meditation for Beginners



### Basic Breathing Meditation

How often do we really think about our breathing? It's something that we do naturally and only becomes an issue if we are having difficulty and have to think about it on a conscious level. The breath is a central focus for many meditation practices because it is highly effective at keeping our concentration and helping ground us in the present moment.

Using the breath can be practised simply and without any fuss. Try this meditation for five minutes at first and then gradually increase the time as you progress.

*"In a comfortable seated position, gently close your eyes and bring the focus of your attention to the rhythm and sound of your breathing. Just breathe naturally, there is no need to take deep breaths or alter your natural breathing. Just follow the breath in and out in your natural rhythm, in your own way, and that feels comfortable to you.*

*As you relax into the exercise and get used to focusing on your breath, you may notice your breathing changes slightly. It may soften or slow. Bring your attention to the alternation in rhythm, and allow yourself to be present in the ever-changing movement and flow of the breath.*

*As soon as you start to feel calm and connected, and you have found your natural focus and rhythm you can begin to count the breaths. As you exhale, count the number "one" in your head. (you can choose to do this audibly if you are practising alone and feel comfortable doing so). Continue counting the out-breaths until you get to number ten. Once you have reached this number, simply go back to number one and start again.*

*If your mind wanders, as minds do, just bring the attention back to the breath. If you lose count, just start again from one and continue up to ten.*

*When you feel ready, start to open your eyes slowly. Stretch and yawn if you need to, and prepare to be a part of your day with intentional focus."*

This meditation can be as long in length as you like, be guided what feels right for you, and always bear in mind that it is quality over quantity. The repetitive nature of this meditation is the key to this exercise. We use both the breath and the counting to double our focus and calm the mind.

**Try the 10-minute Guided meditation to get you started**