

Breathing in the Moment

Written by Jason Murphy

For teachers or instructors to read. It's helpful if the lights are low. Youth should be able to sit in chairs with their backs straight but not rigid, or lie on the floor on their backs with knees up. Instructions should be read in a slow but clear natural voice. A bell is helpful for transition into and out of meditation time. Find a rhythm of instruction which allows silence. This should take anywhere from 10 to 15 minutes total.

Take a moment to check in with your body. Feel the body sitting on the chair or lying on the floor.

(Pause for 2 or 3 breaths.)

Begin to notice the breath in the body, the rise and fall of the chest, the expansion and contraction of the belly, connecting with the breath in the body.

(Pause for 2 or 3 breaths.)

Just notice the breath in the body, not trying to change it or make it different than it normally is.

Just notice the natural breath.

(Pause for 2 or 3 breaths.)

Begin to aim your attention at the tip of the nose. See if you can notice the sensation of breath at the tip of the nose. Feel the coolness of the in-breath and warmth of the out-breath.

It's helpful to use the word "in" on the in-breath and "out" on the out-breath, silently in your mind.

This helps to focus the mind on the breath and the experience of breathing.

(Pause for 2 or 3 breaths.)

Breathing in I know that I am breathing in, breathing out I know that I am breathing out.

(Pause for 2 or 3 breaths.)

The mind may wander away from the breath. When you notice this has happened, just acknowledge where the mind has gone and then aim the attention back, reconnect at the tip of the nose with the next in-breath, and begin again. Breathing in I know that I'm breathing in. Breathing out I know that I'm breathing out.

(Pause for 2 or 3 breaths.)

Each mindful breath connects us to the moment. We only live one moment at a time, one breath at a time.

This practice is about breathing in each moment of life.

(Pause for 2 or 3 breaths.)

Using the breath as an anchor to keep us present in the moment, breathing in I calm my mind, breathing out

I relax my body. Breathing in Calm. Breathing out Relax.

(Pause for 2 or 3 breaths.)

When you notice the mind has wandered off just acknowledge where the mind has gone and then aim the attention back on the breath.

(Pause for 2 or 3 breaths.)

Moment after moment, breath after breath, we always have the ability to connect with this calm and relaxation of the breath.

(Pause for 2 or 3 breaths. Then ring a bell.)

Gently allow your eyes to open and move your body slowly. Maybe take a stretch for a moment.