

Awareness of Breathing Transcript

This is Susan Bauer-Wu.

This practice will help you calm down when you feel stress or anxiety rising. You simply pay attention to your breath, following it in and out, until your mind and body settle back into a calmer state.

Settle into a comfortable position, which may be sitting, lying down, or standing.

Begin to pay attention to the flow of air moving into and out of your nostrils, your mouth, or both. You may notice the air temperature (such as coolness) and quality (such as moist or dry) as it enters your body.

Notice the air as it moves down into your body, filling your lungs and expanding your belly.

And be aware of the brief pause between the in-breath and the out-breath.

Then, as you exhale, notice your belly falling and the air moving from your abdomen, through your chest and neck, and out through your nostrils or mouth.

Do this for a few cycles of breathing in and breathing out, being aware of the sensations of the air coming into and filling your body and then being released and leaving your body.

To help you settle and focus, especially in the beginning as you explore this practice, you may choose to say to yourself: Breathing in, *"I know I am breathing in."* Breathing out, *"I know I am breathing out."*

Don't try to change your breathing; just allow yourself to breathe in a natural and comfortable way. Simply bring awareness to the experience, riding the waves of in-breath and out-breath.

Let's do that for a minute or so.

Now, to conclude, just gradually bring your awareness back to your everyday experience and what's next in your life, refreshed, taking a moment to just be.