



In collaboration with



## **The Power of Breath Meditation – The Breath as an Anchor**

The beauty of this breathing technique is that it is an on-the-spot, portable tool that can be used in countless real-life situations. Unlike a yoga mat or a meditation cushion, your breath is always with you.

The breath as an anchor is used to integrate the practice of conscious breathing into a deeper mindfulness meditation, using the breath as a constant anchor to the present moment.

As we begin this exercise...

“Find a comfortable position, either sitting or lying down. Gently close your eyes or soften your gaze. Begin by simply noticing your breath. Don’t try to change it in any way. Just observe the natural rhythm of your inhale and exhale.”

“Notice the feeling of the air as it enters your nostrils... and as it leaves your body. Become aware of the subtle movements of your body with each breath. The gentle rise and fall of your chest or belly.”

“Now, if your mind wanders, and it will, that’s okay. When you notice your thoughts have drifted, gently and without judgement, guide your attention back to the sensation of your breath. The breath is your anchor, always here, always available to bring you back to this moment.”

“Let’s now begin to deepen the breath. Take a slow, deep breath in through your nose, all the way down into your belly. And a long, slow exhale through your mouth, letting go of all the tension. Continue breathing in this gentle, slow, and intentional way. With each inhale, you are nourishing your body and mind. With each exhale, you are releasing what no longer serves you.”

“Stay with the simple rhythm of your breath for the next few minutes. Allow yourself to be fully present with this powerful, life-giving force.”

“When you’re ready, take one more deep, cleansing breath. And on your next exhale, gently open your eyes, bringing the sense of peace and awareness with you into the rest of the day.”

“And remember, Every Moment Presents An Awesome Opportunity.”