

## A MINDFUL BREATHING SCRIPT

*“It is really important to take your time with a mindfulness script. Don’t rush through it, allow several pauses throughout to give yourself and others a chance to take part, don’t be afraid of silence.”*

Start by settling into a comfortable position; seated, lying down, crossed legged. Allow your eyes to close or keep them open with a softened gaze. Begin by taking several long slow deep breaths, inhaling fully through your nose and exhaling fully through your mouth.

Bring your full attention to noticing each in-breath as it enters your nostrils, travels down to your lungs and causes your belly to expand. Notice each out-breath as your belly contracts and air moves up through the lungs back up through your mouth. Invite your full attention to flow with your breath.

As you breathe, begin to let go of noises around you. Don't try to control your breath in any way. If your mind wanders to thoughts; maybe future planning or worrying, simply observe the types of thoughts that hook or distract you and notice your mind wandering. Watch the thought as it enters your awareness as neutrally as possible. Then practice letting go of the thought as if it were a leaf floating down a stream.

Practice coming back to the breath with your full attention. Bring your awareness to the gentle rise of your stomach on the in-breath and the relaxing, letting go on the outbreath. Allow yourself to be completely with your breath as it flows in and out.

You might become distracted by pain or discomfort in the body or twitching or itching sensations that draw your attention away from the breath. You may also notice feelings arising, perhaps sadness or happiness, frustration or contentment. Simply notice where your mind goes without judging it, pushing it away, clinging to it or wishing it were different, and just refocus your mind and guide your attention back to your breath.

Breathe in and breathe out. Follow the air all the way in and all the way out. If your mind wanders away from your breath, just notice this without judging it – be it a thought, emotion, or sensation that hooks your attention and gently guide your awareness back to your breathing.

As this practice comes to an end, slowly allow your attention to expand and notice your entire body, the overall sensation of your whole body. Does it feel any different to at the start of the practice? If not, that doesn't matter; just notice. And then beyond your body to the room you are in. The temperature of the room, any sounds you can hear. When you're ready, open your eyes and come back fully alert and awake.

