



## The Beginner's Meditation On The Breath™ - A Metaphor For Living In The Now

### INSTRUCTIONS FROM THE MEDITATION

- Pay attention to and start noticing any sensations related to your breath such as temperature, pacing, or movements in your body.
- Breathe comfortably at your own pace and speed
- Notice any sensations associated with your breath
- If your mind wanders, gently and non-judgmentally bring it back to the breath.
- Keep refocusing and returning your attention to your breath again and again.
- Allow thoughts to pass like a cloud or leaf floating down the stream
- Commend yourself for taking this time for yourself.

### "LIFE IN THE NOW" ANALOGUE

- Stay in the moment. Pay attention to what you are doing each moment of life by staying present and becoming more aware. What is the "current" like?
- Life is not a contest juxtaposed to others' lives. You do what you are capable of. Grow at your own pace and speed – not to please, appease or compete with others.
- Stay present and aware of your internal experience, your visceral and emotional responses are informative guides. Remember - Feelings = Feelings
- If you go off track and make a mistake, it's okay. Be self-compassionate and do not judge yourself too harshly. Be gentle and kind with yourself so you can get back on track without more upset and disruption.
- Remind yourself to come back to what you were supposed to be involved with, without avoidance or indulging in wasted time or negative thought loops.
- Let go of intrusive thoughts, upsets and challenges without resisting and fighting them; they are not permanent. "*Gam zeh ya'avor*- This too shall pass."
- Give yourself encouragement, journal gratitude and speak about small successes, especially in self-care and self-growth.