7. EXTERNAL WORLD & BREATH

Sitting comfortably and symmetrically on your chair or cushion, close your eyes if you feel comfortable doing so, or otherwise let your focus fall softly on the floor a meter or so in front of you.

Become aware of your body and the places where it meets something solid: your feet on the floor, perhaps the backs of your legs against the chair… your thighs, buttocks, back, maybe shoulders resting where gravity lands them.

Notice where your hands touch - each other, or your body - notice the fabric of your clothes on your skin, and maybe the air on your skin. Notice your head resting on your shoulders and your arms hanging from your shoulders.

Let your senses move to the sounds around you: not needing to think about them, but just letting your attention move from sound to sound. Perhaps you can detect some odours, or some taste in your mouth… let yourself simply notice them.

Leaving all of that now to focus on your breath… your simple natural breath. Bring all your attention to the breath as it moves in and out of your body, so the only movement you are aware of is the movement that is caused by your breath; in and out. Notice it wherever it is easiest to detect it. In and out of your nostrils or mouth, cool air in, warm air out. Or at your chest, rising and falling, or your abdomen.

As thoughts arise, as they inevitably will, simply notice them and let them move on. No need to chase after them. Just bring your attention back again to your breath, your normal, natural breath… as it moves in and out of your body.

You have nowhere else to be, nothing else to do. Simply notice with gentleness and non-judgment your breath.

Practice this for a moment.

Now, expand your awareness outside of your body, to the sounds around you, to whatever feelings you have in your body. Notice any changes, any tensions, tightness, looseness, floatiness. Sense the world around you as you feel your body again in the chair or on the cushion… and open your eyes when you are ready to return to this space.