

Mindful Breathing Practice (Sitting Meditation)

Key learning

Anchoring to present moment through body sensations

Dealing skilfully with mind-wandering

Learning gentleness, encouraging curiosity, learning acceptance

Mindfulness of 'feel of things' (pleasant/unpleasant/neutral)

Noticing aversion

Learning to consciously widen and narrow the focus of attention

Mindfulness of the natural flux of experience

Cultivating being fully with experience AND having an observer stance simultaneously

Learning to receive experience as it is, as distinct from mental labels, stories about it, etc.

Learning to see recurring patterns in the mind and how they develop, play out, etc.

Seeing more deeply into the nature of human experience

Resources:

Mats/ chairs, bolsters, blankets, cushions, clock, bells / singing bell, handout for client, recording for client to have for home practice

Benefits

The breath is always with us

Coming home to the body

Identifying unhealthy breathing patterns

Developing healthy breathing patterns

Enabling your mind to stabilise and focus

Developing quietness and not stillness

Identification of origin of the breath in the diaphragm brings a sense of control

Potential Difficulties Arising

Falling asleep

Wandering thoughts

Restlessness and fidgeting

Increasing sensations of pain in seated posture

Panic and fear arising by emphasis on breathing, can lead to panic attacks

<p>Anchors awareness- coping strategy</p> <p>Tool to manage reactions</p> <p>Settling and calming</p> <p>Taking one thing at a time, one breath at a time</p> <p>Developing a sense of connectedness with self</p> <p>Dealing skilfully with wandering mind</p> <p>Working with physical sensations which are always with us</p> <p>Encouraging curiosity</p> <p>Grounding</p> <p>Identifies unhelpful habits</p> <p>Allowing the body to rest, however momentarily, resting in the pauses of the breath</p> <p>Observing the relationship between bodily sensations, thoughts and emotions</p> <p>Easy to access</p>	<p>Creating tightness in chest and physical symptoms of palpitations</p> <p>Giving space for negative mental habits to - - arise more fully</p> <p>Discomfort and pain from being static</p> <p>Feeling more tired and aching after practice</p> <p>Getting cold</p> <p>Boredom</p> <p>Wanting to make something happen</p> <p>Itchiness</p> <p>Feeling that can't access movement in abdomen- sense of failure</p>
Teaching Points and Elements to Consider in Guiding	
<p>Start end by being with the breath just as it is, without judgment, without changing it, just noticing it as it is moment by moment</p> <p>Skilful guidance of awareness of the breath both inside and outside the body and the quality of the breath</p> <p>Skilful guidance of awareness of the breath both inside and outside the body and the quality of the breath</p> <p>Balanced guidance which gives a flavour of being with, allowing and accepting</p> <p>Offer examples of describing words such as warm, cool, smooth and soft</p> <p>Encouragement to be with the breath with curiosity and adventure; noticing the journey of each breath, where it begins, ends, pause</p>	
Inquiry	

Ask about the participants' experience of the practice and acknowledge and explore any benefits and potential difficulties which come up.

Examples of useful questions to start the inquiry process with the client:

Did anyone find it difficult / easy to connect with any sensations of the breath in the body

Did anyone's mind wander?

How long before you noticed?

How did you feel about that?

Use the space below to add any that you already use and any new ones that you learn throughout the course.