MATERIAL 3

BREATH MEDITATION

We sit as straight as possible without being stiff. Now we pay attention to our body and try to relax everywhere – back, stomach, shoulders, hands and arms, neck and head. Our face is also relaxed, our eyes are slightly closed. Our lips are closed.

We pay attention to the flow of air coming and going at the tip of our nose and take a few deep breaths. Now we focus our attention on our breath, either in the area of the nose or the abdomen. We can count from 1 to 21 and then start again, or we can think "in" and "out" each time. Our breathing is completely natural and just as it is. If we breathe quickly, then we breathe quickly, and if we breathe more slowly, that is perfectly fine. We observe our breath as it is and count it. If a distraction enters our mind or our mind wanders, we simply take note of this and return to our breath. If we want to, we can also say "thought" or "wandered" in an inner voice.

(now observe your breath)

And our thoughts come and go, playing in the past and future. We simply take note of this, and our attention returns to our breath. We breathe in and out, our belly filling and emptying with air.

(continue to observe your breath)

Our mind is prone to distraction. And when we catch it doing so, we simply return to our breath: "inhale", "exhale" ...

(continue to observe your breath)

Now we slowly return, open our eyes and become aware of the world around us again.
We end our meditation.

