



Practical Meditation

For You and Your Workplace

Day 3

Uniqueness of Breath Meditation Notes

This meditation helps us to become aware of the uniqueness of each breath. We notice any sensations or thoughts as they arise and use the breath as an anchor to the present moment. We bring the mind back to the breath every time it wanders off into thinking, planning or worrying. We do this without self-criticism and with kindness to ourselves. This guided meditation can be practiced in a seated position or lying down.

Listen to the guided audio meditation