

## Mindful Awareness in Three Stages

Sit comfortably with back upright, so that you feel stable and have good contact with your chair or supports.

1. Settle into body awareness. Scan through the body gently and gradually to “arrive” more fully in your posture. Notice what is present, allowing for any spontaneous adjustments or letting go that occurs as you give attention to different parts of the body.
2. Locate the breath. Focus on the movement of the body with the breath. Tune in to that part of the body where you feel the breath coming and going.
3. Sit and breathe. Notice the subtleties and details of the body sitting and the body breathing – the rise and fall, the flow of air, the in and out – and allow all competing thoughts, emotions, and distractions to move to the background, “anchoring” your awareness to the specific sensations of the body sitting, the body breathing.

Practice Mindful Awareness of the Body and Breath for as long as you wish – 20-50 minutes is recommended.