

A Simple Breath Practice

A brief practice for returning attention to the present moment

This practice is not about forcing yourself to calm down. It is about creating a little more room to notice what is happening.

You can do this with your eyes open or closed. You can do it sitting, standing, or lying down. You do not need to make anything special happen.

Begin

Let your attention come to where you are.

Notice the surface beneath you.

If you are sitting, feel the chair supporting you. If your feet are on the floor, notice the contact between your feet and the ground.

Let your shoulders soften if they want to. If they do not, simply notice that too.

Notice the Breath

Bring gentle attention to the breath.

You do not need to deepen it, slow it down, or change it.

Just notice:

Is the breath high in the chest, lower in the belly, shallow, full, tight, easy, uneven, or barely noticeable?

Whatever you find, let it be information rather than a problem.

You might silently say:

Breathing in, I notice.

Breathing out, I allow.

Or simply:

Here.

Now.

Widen Attention

After a few breaths, let your attention widen.

Notice your hands.

Notice your feet.

Notice the room around you.

Notice one color, one shape, or one sound.

Let your body know that you are here, in this place, at this time.

Closing

Before ending, ask gently:

What do I notice now?

Is there any small shift?

Is there one place that feels even slightly steady?

There is no need to evaluate the practice. Some days it may feel helpful. Other days it may feel ordinary or difficult. That is okay.

The practice is simply an invitation to return, one breath at a time.