

## **Here is a 5 to 15 mins calming BREATHING meditation**

You can do it any time – keep it up and it will make a difference.

Lie or sit comfortably. Place right hand near belly button, left hand on chest area or place hands in lap.

Breathe in slowly, then breathe out and Count 1.  
Breathe in slowly, then breathe out and Count 2.  
Breathe in slowly, then breathe out and Count 3  
all the way to 10.

Repeat for a few minutes, then:

Breathe in slowly Count 1, then breathe out  
Breathe in slowly Count 2, then breathe out  
Breathe in slowly Count 3, then breathe out  
all the way to 10

Repeat for a few minutes, then:

Breathe normally, and just notice/imagine the breath filling your chest, side of body and back (like a balloon filling up). For a few minutes.

Then send love to yourself, your family, your friends, acquaintances, those you don't like, those you don't know, the local environment, the country, the planet etc.

Return to your breath. Notice your breath, following the rhythm, notice the pathway. Keep bring your thoughts back to your breath.

Enjoy : )