



AWARENESS MEDITATION



GRATITUDE

Refocus your thoughts and explore ways to practice being grateful.

Activity overview

Meditation with targeted awareness

Equipment required

Yourself

Quiet place to sit or stand

Time required

5 minutes initially

Building up to 1 hour once more practiced

WHY: This practice can help calm the mind and teach us to be aware of the present.

Breath awareness meditation

1. Sit or lie down comfortably
2. Close your eyes
3. Focus your attention on the area at the base of your nose above the upper lip
4. Become aware of your breathing - as you breath in, as you breath out

Note:

Become aware of your breathing as it is - don't try and change or control it. As your mind moves away from your breath bring it back to the small area at the base of the nostrils.

Aim for 5 minutes initially then work that up to 10 minutes, 15 minutes and then 20 minutes.

A goal of 1 hr in the morning or the evening is a great end goal.

Once more confident with your practice you can shift your awareness to other parts of and sensations in your body during the session.

As your focus strengthens notice what happens to your mind.

This information is not for sale. It is for educational purposes only.

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