

“Just This Breath”

An Invitation ... to sit quietly with your breath ...

You are invited on a simple but profound journey with the breath over 40 days.
Make it a daily practice (starting for 5 minutes and expanding as you choose.)

Time: Daily at a set time, early morning or whenever you choose.

Location: Sitting comfortably in a quiet special place at your home or wherever you are.

We begin by attending just to one breath cycle, then the next and the next.

We follow each inbreath and each outbreath exactly as it shows up, noting the texture, the sensations and the feelings.

We practice pushing nothing away and holding on to nothing.

Over and over we come back to our breath and to simply being with ourselves and what arises in the moment.

