

# BODY & MIND PROGRAM

reboot

## AUDIO FIVE

### INTRODUCTION TO THE GENTLE BREATH MEDITATION

Welcome, everyone to meditation and this is introductory to the gentle breath meditation class but you'll find that it also incorporates a lot more.

So one of the main things that I love about meditation is that it's something you can take with you anywhere. It's true meditation, which is a connection to your soul, connection to yourself, connection to your body, offers your stop moment. So it's not something that takes you away from yourself. It's certainly not something that helps you escape and escape life and escape what you don't necessarily like in life or feel that you can deal with or want to deal with. Meditation offers us the ability to be very aware and very present with what's going on for us, first and foremost. Because if we're not being aware of what's going on for us. And if we're not connecting to how we feel and the truth of how we feel, then there's no growth for us in our life. There are lots of meditations out there that offer you an escape, that take you away, and they can be effective in giving you relief from what you're feeling, but they don't actually deepen your connection with yourself. Because if we're talking about connecting more to who we truly are, as a first step in understanding and mastering ourselves, then we have to understand that comes first and foremost, from the connection to our body. If we had someone in our workplace that we were wanting to teach how to, say, run a particular department, if they weren't able to get dressed, for work, we'd actually have to stop back at how you get dressed. Okay, maybe we wouldn't choose them to run the department. But it's the same with meditation if we're wanting insight, and if we're wanting awareness, and if we're wanting a depth of understanding in the world, it actually starts with us. And so that's why the gentle breath meditation very much, first and foremost supports us to understand what our body is communicating with us. Because our body is not a piece of machinery, it's extremely intelligent, very, very, very, very important resource for us. And so if we're wanting to have greater awareness and insight, we have to have a body that is much more sensitive, that is much more open and aware. Whereas what happens to most of us is that we start to develop a body as we get older. Well, as we mature, even from childhood, we start to develop a body that is very good at overriding itself, very good at numbing, very good at getting on with it, but not very good at listening.

And so the first part of this gentle breath meditation, what you want to start to allow yourself to feel is the quality of gentleness in your body and what that communicates to you, and what that tells you about how you feel in your body and how you living.

Okay, so we're going to start with that.

So I'll get you guys to sit really comfortably. There's absolutely no point in trying to connect to your body, if your body's uncomfortable. Okay. And so, usually, that would mean feet flat on the floor. You can play with it yourself. You can sit you can lay as well.

And when you're ready, allow yourself to close your eyes. And just take a moment to feel how you close your eyes. Did you choose how you close your eyes? Or was it an automatic reaction.

So open your eyes, and we're going to close our eyes again, this time. What we're going to feel and be aware of is the warmth of our eyes and eyelids as we gently close them.

And it's very, very important to bring awareness to how you close your eyes and being very present with that because a lot of the times we shut our eyes when we don't want to see. We close our eyes to escape what's in front of us. Rarely do we close our eyes to connect within.

Already the room has settled more just from that. Very, very simple gesture to yourself.

In your own time. Going to start to breathe in through our nose, out through our nose.

And when we breathe in, going to breathe in gently. Whatever gentleness means to you. There's no right or wrong. We're going to breathe in gently through the tip of our nose and then breathe out, however, feels natural.

Each time you take an in-breath allowing that in-breath to be more gentle than the breath before.

You may get distracted. That's totally fine.

Just bring yourself back to the simple focus of breathing in gently through your nose.

You may notice tension in your body, your shoulders, you might feel a tightness in your lungs, your chest solo back. You May even feel how exhausted you are or you may feel vibrant.

Each in-breath representing a quality of gentleness. No need to control your thoughts. Allow them to be and just come back to the focus of the in-breath.

In your next breath allow yourself to also breathe out gently. You've established an in-breath that's gentle. Now bring that same quality to the out-breath.

You may even feel a warmth around your nose as the gentle breath is coming out.

If you get distracted, that's fine. Come back to the in-breath establish that quality and then release the opera in that same quality.

As you breathe in gently and breathe out gently, allow your body to move gently in line with your breath. So if your chest moves, allow that movement to be gentle. Your lungs move your diaphragm. You feel your shoulders moving ever so slightly. Allow that movement to be gentle.

In your own time, you can open your eyes.