

The Natural Breath

This is a practice of observing the breath

Noticing the natural rhythm, without making any effort to control or change

Give yourself a few minutes where you can close your eyes and mindfully observe the nature of your breath

Simply observing the inhales and exhales

If you find your mind wandering, gently guide your attention back to your breath

To conclude your practice, take a deep conscious breath, wiggle your fingers and toes, and slowly open your eyes

Sit quietly for a moment and notice how you feel

Observing the natural breath cultivates a deep gratitude for the energy of life



Candle Gazing

- Find a comfortable place to sit where you will not be distracted
- Place a candle on a table at eye level for you
- Light (or turn on) the candle and settle into your seat
- Take a deep breath in and out with the intention of grounding yourself in your practice
- Focus your gaze on the flame of the candle
- Observe any thoughts or emotions that drift through your mind, without giving them your attention, keeping your focus of attention on the flame
- Give yourself at least 3 minutes for your first practice
- If eyes become watery, gently close them and visualize the flame in your mind's eye
- To conclude your practice, take a deep conscious breath, gently blink the eyes
- Sit quietly for a moment and notice how you feel

This simple technique is an excellent introduction to the art and science of meditation



If you have any eye conditions you may want to consult with a healthcare provider before starting