

THE CORE STRUCTURE OF

Mindfulness Of Breathing

BLENDING MINDFULNESS WITH CONCENTRATION

1

BECOME MINDFUL

- Have a clear knowing of what you're actively doing, thinking, or focusing on, while you do it

TUNE INTO THE BREATH

- Find where you feel the breath the clearest
- Usually it's around your nose, chest, or abdomen

2

3

STAY MINDFUL

- Make sure to stay mindfully aware of yourself focusing on the different sensations that make up the breath

APPLY YOUR VARIATION

- If you'd like, apply one of the 4 variations: feeling-based, sound-based, visual-based, or counting

4

5

LET YOURSELF GET MORE COLLECTED

- Stay engaged with the breath while you let yourself get more collected and centered

DROP THE VARIATION

- When you feel centered and present enough that your mind won't get easily distracted, stop the variation

6

7

JUST BE MINDFUL OF YOUR BREATH

- Mindfully stay with the breath however you feel it, returning back to it any time you get distracted