

# STEP-BY-STEP TO MINDFULNESS OF BREATHING



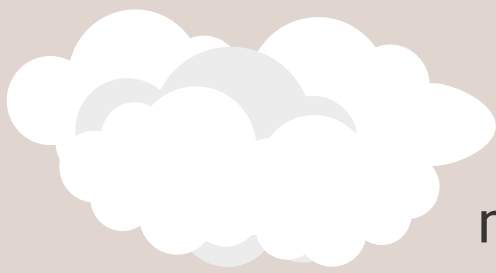
## 1. Settle In

Get comfortable in your posture of choice, close your eyes, and take a few deep breaths to relax.



## 2. Relaxed Diligence

Remind yourself to approach meditation gently, but with a genuine and consistent effort.



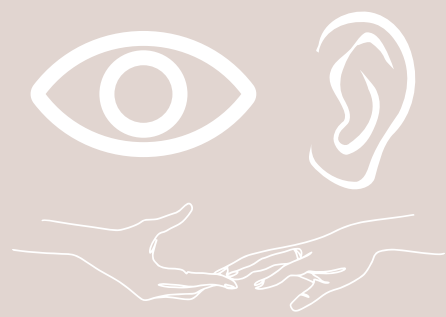
## 3. Begin Mindfulness of Breathing

Bring your attention to where you feel the breath the clearest, and begin observing it without control.



## 4. Apply Your Variation

Don't forget to use whatever personal variation (visual, sound, feeling) you like best!



## 5. End By Being Present

After a while, drop the variation and just be present with the breath as it is until your meditation is over.



Don't forget to  
check the emails  
for more!

