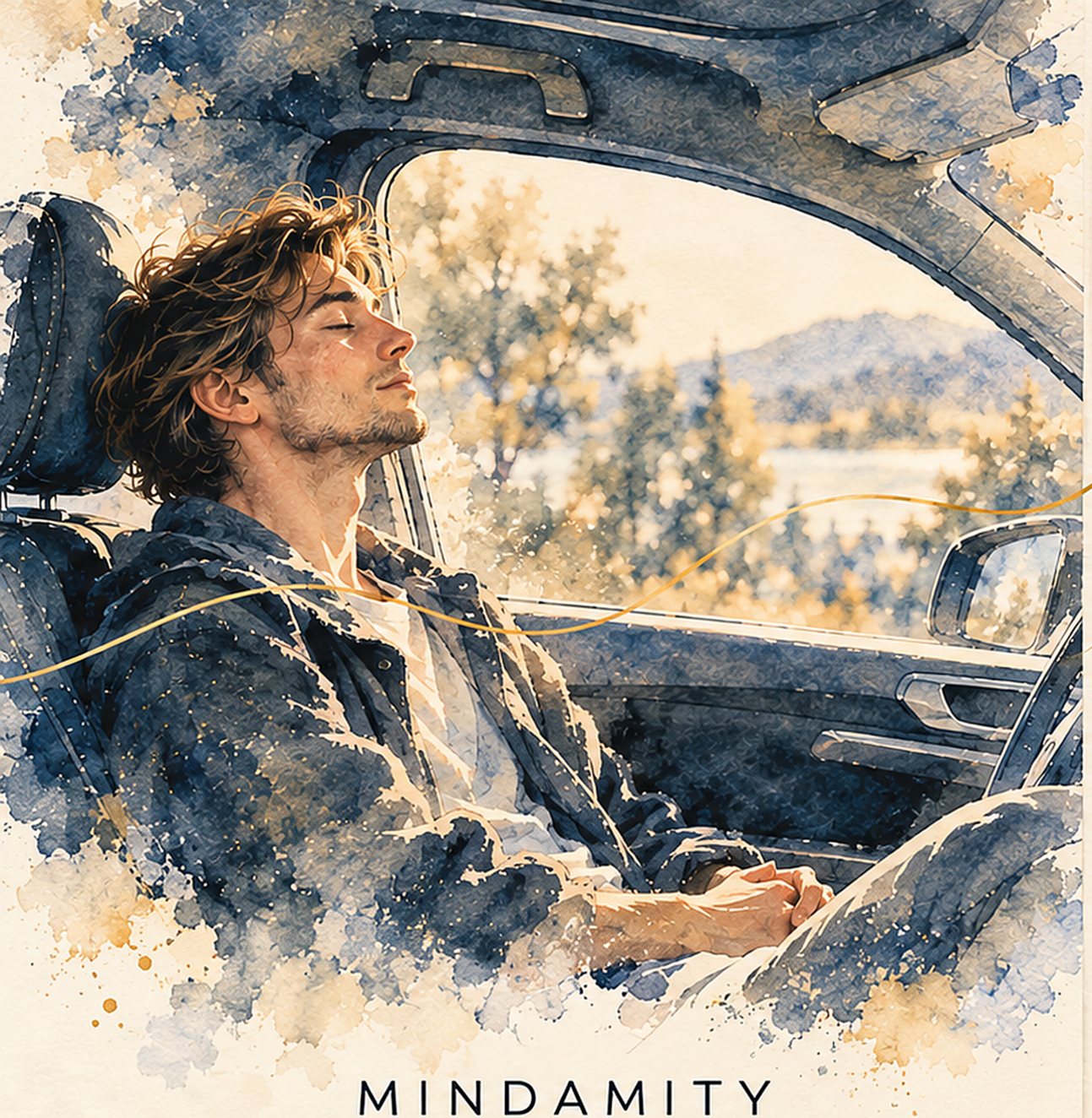


MINDAMITY

AWAKEN · ALIGN · EVOLVE

A Moment to Breathe

When everything feels a little too much, your breath is already here.



1 Pause

For just a moment, stop. You don't have to fix anything or make yourself feel calm. Simply notice that you are here.



2 Notice your breath

Feel where you notice your breathing most easily. Perhaps at your nose, your chest or your belly. There's no need to change it yet.



3 Breathe gently

Let your next breath arrive naturally. Then, if it feels comfortable, allow your out breath to become just a little softer and longer. No forcing. No big breaths. Just easy breathing.



4 Let yourself settle

Stay with a few gentle breaths. Notice the feeling of breathing out and allowing your body to soften wherever it can.



5 Carry on

Before you move on, notice how you are now. You don't have to feel completely different. Even a little more space is enough.

A little reminder

Your breath doesn't have to take you somewhere else.
Sometimes it simply helps you meet yourself where you are.

If you are driving, let this one wa

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