

TEM Breathing Meditation

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This is Our ***Breathing Meditation***

You Can ***Read*** it and then Try To ***Practice*** it

The ***Meditation*** Can Help Us Find ***The Value***

About Meditation

When people think about meditation there are many visions like:

- *A deep trance*
- *Samadhi (absorption) State*
- *or A fantastic journey*

When people think about meditation they think of all kinds of experiences

Sometimes you might wonder:

- *How you get from where you are to there*

Meditation doesn't have to be complicated or 'way out'

Maybe the most common goal for meditators is a calm, peaceful mind

One of the Best meditation techniques to accomplish this is Breathing meditation

With breathing meditation, you deal with something that is quite immediate (breath),

and for this reason it is super relatable

Calm breathing for some people may seem like a Dream, but with good practice it can

become your Norm

Meditation is A Skill

It's true, meditation is A Skill, and it takes consistent practice to get Comfortable at it

Like any other skill, meditation takes time and effort:

- *To grasp, conquer and master*

With meditation, what's most important is:

- *To meditate consistently*

It's one of those Things where:

- *The **journey** is as important as the **destination***

And to have a good journey, you need to **focus** and **apply** yourself

Starting The Day with Meditation

Many people who meditate like to:

- ***Start The Day** with meditation*

The meditation can **Help** Us in:

- *Transitioning from the sleep mind into a bright, positive Day*

When I **Start The Day** with meditation, it:

- *Opens Up The **Choices** for **Direction** in The **Day***
- *and **Starts Things Going** with good clarity and freshness*

Meditation is so **effective** that I can:

- *Meditate successfully in the **morning***
- *even before drinking a cup of coffee*
- *and then the coffee is like an extra **treat***

This not only leaves me with a tangible positive feeling to **Start My Day**, but:

- *The **ripple effects** of meditating in the **morning***
- ***extend** throughout other important areas of my **Day** and **Life***

Breathing Meditation

When I meditate in the **morning**, I like to **Start The Day** with A **Breathing** meditation

It helps you **focus** and get **centered** right from The **Start** because:

- *The **breath** is usually quite **calm** in the **morning***

It also helps to **build** your **Breathing** meditation habit:

- *For the **times** when **calming** the **breath** might be a bit more **trying***

There are several **reasons** that we:

- ***Focus** on the **breath***

We can **mention** them **here**:

- ***First**, some people might wonder,*
- *What **use** is it to watch the **breath**?*

It might seem a bit **odd** or even **useless** to do, but:

- *The **breathing** goes on all of the time*
- *and we are quite **used** to seeing it*

We even take it for **granted**

Meditation is well known for **calming** you or **slowing** you down, and with it we:

- *Find time to **think** and just **Be***

The **breath** is usually **constant**:

- ***Flowing** in a regular, even **Way***

If we **watch** the **breath**, then:

- *We can **tap** into its even **flow***
- *and **regulate** the body and mind*
- *which makes for **good** meditation*

The ancient **scriptures** mention how:

- ***Calming** the **breath** can **quiet** the mind*
- *and with the mind **quiet***
- *it is optimal to **enter** into meditation*

So let's introduce here the **method** for **Breathing** meditation, and see how it is **Done**

How To Watch The Breath

1.) For **watching** the **breath** and meditating, you should:

- Find a **seat** that is **comfortable** for you
- usually on the **floor**

You can **sit** on a pillow:

- Just be sure to pick a **place** where
- you are not **disturbed** by people or things
- and plan on **sitting** for a while

If **sitting** on the **floor** is difficult for you, then you might want to **sit** in a **chair**

Remember that you will be **sitting** for a while

2.) **See** that there are:

- Not too many **distractions** around you
- and take a **moment** just to **breathe**

Notice how the **breath**:

- Rises and sets
- with each **inhale** and **exhale**

Watch your **breathing** as you go:

- **inhale**, **pause**, then **exhale**,
- and allow a **pause** also **after** the **exhale**

Continue **doing** this, and:

- Feel the natural **rhythm** of the constant **breath**
- rising and setting

Your **breath** rises and sets as you inhale and exhale, and you **Start** to **see**:

- **The Cycle of breathing**

It is actually **A Four Part Cycle**:

- **inhale**, **pause**, **exhale**, **pause**

If you **want** to you can:

- **Count each part** to yourself
- 1 2 3 4
- as you **complete each Cycle of breathing**

Some people like to **just**:

- **Count the exhale**
- at the **completion of A Cycle**
- it is **A Release**

3.) **Watching** your **breath** rise and then set:

- Gets you into a **routine**
- you start to **feel the rhythm** of it
- in and out, in and out
- up and down, up and down

This is **The Breathing Cycle**

You can try to **find** your **Point of breathing**:

- **The Place** where you **notice the breath**

Some people **notice** it at:

- **The tip of the nose**
- others **watch the abdomen** rise and set.

See if you **notice** your own **Place**,:

- **Where the in breath and out breath**
- are **felt in the same Place**

4.) Get **familiar** with This **Place** and **proceed** to **watch** the **breath**

Keep **breathing** in and out **calmly** until you:

- Get **familiar** with Your **Place of breathing**

Then **watch** the **breath** from **there**

Developing The Breathing Meditation

5.) Before too long, you will **Start** to **notice** that:

- As you **watch** your **breath**
- the **breathing calms down**

You might even **get to a place** where:

- ***It Seems like The Breathing Stops***

If this **happens**, then:

- ***Don't worry***
- ***because breathing has an automatic behavior***
- ***that tells you to breathe in***
- ***after you haven't done it for a while***

Calming The Mind

6.) You may **notice** that,:

- ***As your breathing calms down***
- ***your mind will calm down too***

The **mind** will **be**:

- ***In Direct Relation to the breath***

This is a **marvelous relationship** between the **breath** and the **mind**:

- ***And how they both work together***

Some meditators call this **calming** of the **mind**:

- ***Cessation***
- ***where the active tendencies that are common in the mind***
- ***seem to cease, which we feel as calm***

7.) When the **mind calms down**:

- ***You get a fresh feeling***
- ***and you can notice that***
- ***it is possible to be at peace***

There is always **a relief** when the **mind calms down**

Managing Thoughts

It is **good** to keep **watching** your **breath**, but:

- ***If any thoughts do come up***
- ***then you don't have to worry***

If **thoughts come up**, then:

- *Just let them be*
- *and practice the*
- *non-judgemental aspect of being present*
- *as the observer of it all*

So, as you **watch** the **breath**, some **thoughts** may arise

This can be **Common**:

- *Afterall, the mind is there*
- *and that is where the thoughts are*

Watching the **breath** can be **familiar** to you, you are **aware** of the **breathing**

If any **thoughts** do **come up**, then:

- *You are the one who would notice them*

As you are **aware** of the **breath**, then **thoughts** may **come up** also

As any **thoughts arise**, you can:

- *Notice them*
- *that is what being aware is*

The non-judgemental **awareness** is **part** of **being aware** of the **thoughts**

Navigating The Meditation

As you are **there, present** in the **moment**, at your **meditation place**:

- *Just remember that you are present*

The **breath** is **going**, we have **learned** about it's **flow**:

- *And you are there*
- *The meditator sees the breath*
- *The meditator is aware of the breathing*

- *By being present, the meditation continues*
- *As the observer, the setting is your meditation*
- *Be cautious about your meditation*
- *The meditation probably has some interest for you*
- *If you can let things be there, then that might be part of the setting*

By being **present**, as the **observer**, you are **aware** of any **thoughts** and also the **setting**

The **mind** is probably **there**, so:

- *By letting things **be there***
- *You are not **hurting** anything*

We must always **guard** ourselves, so, by not **causing** trouble:

- ***Thoughts** may not think **bad** of you*

Be **careful** in **navigating** your **meditation**

This is **A Breathing Meditation Practice**

Finishing The Meditation

8.) **Being in touch** with your **mind** and **body** is what **meditation** is truly about

So, if you **get** to This **State** then there is really no **reason** for **concern**

Being at peace is **A Wonderful State** and you would be in **The Perfect Place** for:

- ***Witnessing The Cosmic Wonder***

The Experience in **meditation**:

- ***The Chinese Call Tao***
- *or **The Way***

It can be **Viewed As**:

- ***Being Beyond Space and Time***

Many meditators **Seek This** and we **See** Here that:

- *With **The Breathing meditation***
- *you can not only **calm the breath and mind***
- *but **Tune in to The Beauty within***

This is **related** to **Our True Nature**

The Benefits of Breathing Meditation

The Breathing meditation has some **Wonderful Benefits** that we see Here:

- *Most notably, **calming the breath and mind***

Besides ***This***:

- We can find **An inner peace**, that
- especially when **done** in the **morning**
- we can **Carry** with us **throughout The Day**

This can **bring** us:

- **A Harmony** within ourselves
- that we can **appreciate** and even **Share**
- in our **dealings** with **others**

There are Some **Additional Benefits** which make **meditating** even More **Attractive**:

:> You Can Handle Whatever The Day Brings

You will **find** that:

- **The meditation allows** you to more easily
- **drop** into **A Flow State**
- where you can **become** more **adaptable** to **change**

:> You Can Counteract Stress

Meditation Offers Benefits like:

- **Increased happiness**
- **better sleep**
- **and more creativity**

So, if there ever **was A Perfect Solution** to **countering stress**, then it would be:

- **Daily meditation**

:> Scientific Benefits

Most **likely**, you've **heard** about all of **The Scientific Benefits** of how:

- **Meditation changes** your **brain** and **rests** the **body**

:> Meditation Improves Your Appetite and Balance

When we **meditate regularly** then **The System** gets **balanced**:

- **And The Parts Work Together** in a **Regular Flow**

When we are **Well Managed Physically** and **Mentally** then:

- **Our Balance is Reflected in Our Eating Habits Too**
- **and So Our Diet Also Becomes Balanced**

Then There Are **Less thoughts** about:

- *Cravings, junk food and over eating*

:> You Get Fewer Headaches

Meditation has been **shown** to **reduce pain** associated with **headaches**

This Makes **Meditation**:

- *An ideal complement to more traditional approaches to health and wellness*

With **meditation**:

- **Our System is in Balance**
- **and Our Circulation is clear and clean**
- **so headaches are less likely to Occur**

Conclusion

Meditation is A Skill

It Can **Benefit** Us immensely, and is **Useful**:

- *Even if We are in the midst of Worldly Situations*

It is **A Skill** that **gets better** with **Regular Practice**, so:

- *The more you do it, the better you get at it*

As you **meditate**:

- *Be encouraged to proceed with the practice*
- *and feel supported by*
- *all of the good meditators*
- *that have traveled this way before you*

This inner peace is what **attracts** so many people to **meditation**,

and is **a quality** everyone can **benefit from!**

Cheers!