

HANDOUT 3

FINDING THE BREATH

- Start by sitting comfortably, assuming a posture of dignity with your back straight, your spine relaxed but not rigid, eyes either softly open or closed.
 - Find your breath. We are often so busy that we often don't realize that we are breathing. Simply notice your breath.
 - See where you feel your breath most strongly. It may be at the nostrils, at the chest, or in the belly. Allow yourself to feel the sensations of each inhalation and exhalation.
 - If your mind wanders, no problem. Give yourself permission to begin again.
 - Gently, kindly bring yourself back. Let the breath become your anchor, your friend. Rest in your breath.
 - Don't be too ambitious; take it slow. We all have the ability to feel one breath completely.
 - When you are ready, stretch, wiggle fingers and toes, and open the eyes if they have been closed. Try to extend focused attention into your next activity.
-

This is a supplementary resource to *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy* by Susan M. Pollak, Thomas Pedulla, and Ronald D. Siegel (Guilford Press, 2014). Copyrighted material. Permission to reproduce this handout is granted to purchasers of this book for personal use only. An audio recording is available at www.sittingtogether.com.