

Sit or lie down comfortably with your eyes closed or with your gaze softened. Place all your attention on your breathing. Feel the air come into your nose and travel down into your belly, filling and softening the belly. As you breathe out, feel your belly release and firm. Continue to focus on the breath...in and out...the belly filling and releasing...your full attention on the sensation of breath moving in and out of your body...inhaling and exhaling...If your mind wanders, gently bring it back to your breath and your belly...without judging...minds tend to wander...every time you notice and gently bring your attention back your mind strengthens...

Gradually allow the breath to become even and smooth, the breathing process comfortable...

On your next inhalation, silently count 1-2-3-4...pause, letting the air sit in the back of your throat...then exhale, silently counting 1-2-3-4-5...making each exhalation slightly longer than the inhalation,...breath slow...notice the short pause at the top of the in-breath and at the bottom of the exhalation...Breathing and counting...Fully focused on your breath...inhaling fully and exhaling completely...with each exhalation, notice your deepening relaxation...

When you are ready, return to your natural, relaxed breath cycle... Continue to take a few more easy breaths and then you can open your eyes, noticing a feeling of relaxation and renewal.