

DAY 1:

Mindful Breathing



Reflection:

Mindfulness is the practice of being fully present. You do this by bringing your attention to the present moment, with curiosity, and without judgment. Being present means you're not in the future, and not in the past. It is recognising and appreciating the happiness **ALREADY** in your life.

There are many people who are alive, and yet aren't even **AWARE** that they are alive. Mindfulness is being fully aware of the miracle of life and being present to enjoy that miracle.

When you are aware of the happiness and energy already around you, you can step into that happiness and joy. You can be **ESTABLISHED** in the present moment.

Remember this: *mindfulness is the connection and awareness of the mind and body.*

Mindfulness should NOT be work or effort. You don't need to make an effort to breathe in...

or enjoy a sunset...

or savour a meal.

Mindfulness brings both inner and outer silence.

This silence brings PEACE.

Action:

The most natural place to begin the practice of mindfulness is with breathing. Breath is



foundational to everything you do. Every moment features a breath in and a breath out.

If you can be mindful about your breathing, you are laying a solid foundation to build upon.

To get started, practice mindful breathing for a **MINIMUM** of 5 minutes. If you're able to do more, wonderful, but let's start small. And remember, repetition and consistency are the keys to creating positive habits. So start small and then as you get better at it, increase the time. The way to get better at it is to practice regularly, preferably daily.

- Breathe in. Take note of the air moving through your nose and mouth and filling your lungs. **ENJOY** that in-breath. Only a living person can take a breath, so savour your life. Celebrate your **LIFE**.
- Hold your in-breath for a moment. Feel the air in your lungs. Be aware of the oxygen filling your body with life and energy.
- Let the breath **OUT** slowly. Feel your body *relax* as the air exits. Be present as the air passes through your nose and mouth.
- Repeat the process

Inevitably, your mind will wander during this mindful breathing. When this happens, note that your mind has wandered and **GENTLY**, and without judgment, bring your focus back to your breath.

Do this as often as necessary.

Okay, now it's time for you to practice breathing. After your session, share how you felt. Come on, don't be shy!

And stay tuned for tomorrow because we're going to begin mindful concentration.

See you tomorrow 😊!



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