

## Breath Meditation with Nancy Lasseter

Take your seat. How is the body in this chair today? Is it supporting your feet so that they can be flat on the floor, legs comfortable, buttocks resting evenly...Notice the base of your spine, your tailbone, slowly draw your attention up, and go around to the front of your body, notice the abdomen, invite it to soften while still holding tone, bringing attention up the spine, as you go up, softly lifting the chest, relaxing the shoulders, up to the head, neck relaxed, chin very slightly tucked, pull your head back slightly, relaxing the forehead, eyes and jaws...

Drawing attention down the arms as if they are just sleeves of a shirt, check your level of relaxation in the upper body...now with eyes closed, no one watching, lightly sway the upper body from the waist up like a tree, relaxing. Now feeling the whole body sitting, lower body is firmly grounded and relaxed into the chair, upper body is light, fluid, in alignment...just meeting your body where it is now and how it is now, and knowing that where it is, is good enough...

Coming to stillness...taking in 3 slightly longer inhalations and 3 equally long exhalations, on the 3<sup>rd</sup> breath, hold your inhalation until you feel some tension building and then blow it out...

Now allowing the breath to find its own natural rhythm...noticing the breath moving in the body, how it slowly becomes an easier breath. Breathe here for a few more moments. Letting go of any control, letting the breath breathe you.

And now calling to mind a good friend, bringing in an image or sense of this person, and inviting in a sense of warmth in the heart region...inviting in a smile that can arise when thinking of this person, how good it is to see this person. The heart slowly growing warm with the image, the presence of this person. Feel free to try out a couple of people until you find the right one that allows the warmth to be felt. Breathe with this feeling, as this feeling can slowly fold into the breath itself. Keep inviting the ease of breath, of body, of mind, ease of heart that is interested in being here now....

Letting the image fall away as you make contact with that warmth in the heart region.

Check in with the body, see where there is ease or tightness, softening, feeling the warmth of caring that is interested in softening where there is tension....an atmosphere of welcome, warmth, acceptance of whatever is arising ....learning to feel what tension is like, what relaxation is like....Staying with this for a few more moments and then, you can open your eyes, take in the environment, see if you can hold that relaxed posture as you continue your day.