

# Breathing with the green plants

Sit comfortably with a straight back and a soft belly.

Let your eyes close and smile.

Noticing your belly rise when you breathe in.

And noticing it fall when you breathe out.

Just resting.

And just noticing, breathing.

Remembering to notice when your mind wanders.

If it helps, you can silently say the word wandering. And then bringing all of your noticing back to your breathing.

In this practice we are going to remember that we are connected to a living planet.

To help us to remember this connection, we are going to breathe with the green plants.

If you have a plant in front of you, you might like to open your eyes and look at it as you breathe in and out.

Otherwise you can just imagine a plant or a tree. Or maybe you can even imagine a whole forest.

This is a practice of gratitude. We are practicing being grateful for how plants support our breathing. And we are learning to notice that we also support the breathing of plants with each breath.

We remember that we are connected to all the plants of planet Earth.

How wondrous and amazing, that our breathing is connected to all the plants and forests on earth.

Breathing in and noticing that your in breath is a gift from the green plants.

And breathing out and noticing that your out breath is a gift to the green plants.

Breathing in gifts from the green plants.

Breathing out gives to the green plants.

Breathing in gifts from the green plants.

Breathing out gifts to the green plants.

Keep breathing in this way, silently repeating these words to yourself and relaxing deeply.

Are you still noticing your breathing or have you forgotten about it?

If you forgot that, it's okay.

Just bring all of your noticing back to your breathing. Now.

Breathing in gifts from the green plants.

Breathing out gifts to the green plants.

Breathing in gifts from the green plants.

Breathing out just to the green plants.

Now you can start thinking about the plants and just be with your breathing.

Just resting and just noticing how it feels to breathe in and how it feels to breathe out.

Good work. Now we sound the bell.

Smiling, breathing and listening to the sound of the bell.