

Coming Home

Sit comfortably with a straight back and let your belly relax

Let your eyes close and smile

Noticing your belly rising when you breathe in and noticing it falling when you breathe out

Whenever your mind wanders and you forget to notice your breathing you can silently say 'wandering' and then come back to noticing your breathing

We are just resting, and we are just noticing each in breathe and each out breathe

In this practice, we are going to use our words and our mindful breathing to remind ourselves that our body is always at home in this moment

Sometimes we are too busy thinking about other things we forget to notice where we are and we forget to notice what we are doing

When we practice mindful breathing, we remember that we are always here in this body, and that the time is always now

When we remember this and we practice mindful breathing we can learn how to feel happy inside

So lets keep breathing together and use some words to help us feel at home in this moment

Every time you breathe in silently say to yourself 'here in this body'.

Every time you breathe out silently say to yourself 'now in this moment'.

Breathing in, 'here in this body'.

Breathing out, 'now in this moment'.

Breathing in, 'here in this body'.
breathing out, 'now in this moment'.

You can keep silently saying this yourself as you breathe in and out.

(longer pause)

Now we are going to use even less words to come home to this body and this moment.

As you breathe in silently say to yourself 'here'.
And as you breathe in silently say to yourself 'now'.
Breathing in and thinking 'here'.
Breathing out and thinking 'now'.

Breathing in 'here'.
Breathing out 'now'.

You can keep doing this a few more times, silently by yourself.

(longer pause)

Let's stop saying the words all together now, and each time you breathe in you can just know that you are here, and each time you breathe out you can know that the time is now.

(longer pause)

Remember to bring your attention back to your breathing every time your mind wanders, remembering that you are here in this body, and the time is now, in this moment.

(longer pause)

Good work. Now we sound the bell.

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