



**UMFA**  
UTAH MUSEUM OF  
FINE ARTS

## Breath Awareness Meditation

*Teachers: Leave 10 or more seconds between instructions in order to give your students time to process them.*

Take a comfortable seat. If you're sitting in a chair, it's okay to rest your back against the back of the chair, but it's best to sit up as straight as is comfortable.

Close your eyes.

Become aware of the sounds inside and outside the room—loud sounds, background sounds, pleasant sounds, unpleasant sounds.

Settle back and simply be aware of sound. There's no need to "reach out" to capture the sounds. Allow the sounds to come to you.

Now be aware of the points of contact between your hips and legs, and the chair. Be aware of the sensations of pressure and temperature.

Feel your feet resting on the floor.

Be aware of the sensations in your hands, noticing warmth, coolness, pressure, tingling.

Now become aware of your breathing. Without trying to change your breathing, simply tune into it.

Choose a place in your body where the breath feels clear for you—your nostrils, abdomen or chest.

Rest your attention there, just feeling the breath.

Don't worry if your mind wanders.

Mindfulness is not about getting rid of your thoughts.

When you're mindful, you can know that thinking is happening without getting lost in the stories the thoughts are telling you. Just notice when thinking is happening.

When you notice that you've gotten lost in a thought, simply turn your attention back to your breathing.

You may have to do this many times during a five-minute session. That's fine. It means that you're paying attention, and that's a positive thing.

At the beginning of each inhalation, resolve to be aware of just this inhalation.

At the beginning of each exhalation, resolve to be aware of just this exhalation.

*Silent time: This can be a minute or two. Every once in a while, you can make suggestions:*

- Just this inhalation, just this exhalation.
- If you find yourself lost in a thought, gently redirect your awareness back to the breath.
- Relax into your body—your shoulders, face, abdomen.

*When you're ready to finish:*

Keeping your eyes relaxed, allow them to open slowly. Take in the room around you, appreciating the quiet.



BEVERLEY TAYLOR SORENSON FOUNDATION

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Stanton Macdonald-Wright  
(American, born 1890), detail of *Wild Sea and the Milky Way Athwart the Island of Sado*, 1966–1967, wood block. Purchased with funds from The Phyllis Cannon Wattis Endowment Fund, UMFA1998.34.1.4.