



Making Mindful Connections

Affectionate Breathing Exercise (Adapted from Center of Mindful Self-Compassion, Chris Germer)

- Please find a posture in which your body is comfortable and will feel supported for the length of the meditation. Then let your eyes gently close, partially, or fully.
- Take a few slow, easy breaths, releasing any unnecessary tension in your body.
- If you wish, place a hand over your heart or another soothing place as a reminder that we are bringing not only awareness but affectionate awareness to our breathing and ourselves. You can leave your hand there or let it rest at any time.
- Now, begin to notice your breathing in your body. Feel your body breathe in, and feel your body breathe out.
- Just let your body breathe you. There is nothing you need to do.
- Perhaps you will notice how your body is nourished on the in-breath and relaxed on the out-breath.
- Now, notice the rhythm of your breathing, flowing in and flowing out.
- Take some time to feel the natural rhythm of your breathing.
- Feel your whole body subtly move with your breath, like the movement of the sea.
- Your mind will naturally wander. When that happens, just gently return to the rhythm of your breathing.
- Allow your whole body to be gently rocked and internally cared for by your breathing.
- Give yourself over to your breathing; let your breathing be all there is. Become the breath—just breathing, being breathing.
- Finally, gently release your attention from the breath. Sit quietly in your own experience, and allow yourself to feel whatever you are feeling and be just as you are.
- Slowly and gently open your eyes.