

Record Your Own Breath Awareness

With your eyes softly closed, bring your awareness to your breath. Notice your breath as you inhale - and notice your breath as you exhale. Become aware of how your body moves as you breathe in and as you breathe out.

Notice the feeling of air moving through your nose, mouth and throat. For now, as best as you can, just notice. And if you notice yourself changing your breath, see if you can let it be, just the way it is right now.

Notice the sound of your breath: the sound on the inhale - and the sound on the exhale.

Become aware of the length of your inhale - and the length of your exhale.

Notice that pause between inhale and exhale, and between exhale and inhale.

Notice whether your breath feels easy and calm or at all tense or constrained. For now, if it feels all right, notice rather than changing it.

Now notice the energy of your breath.

Divide your awareness now, feel your breath and your body. Notice where your body moves as you breathe.

Without changing it if you can, become aware of the movement of your belly, your sides and ribs, your chest. Notice the movement on inhale and on exhale.

Notice movement on the right of your body, and the left, as you breathe in and out.

On the front and the back, as you breathe.

Notice if there is any movement of your body beyond your torso as you breathe.

Maybe it feels like your breath moves into more than your torso.

Become aware of whether anything changes in the area of your pain as you breathe in or as you breathe out.

Now shift your awareness back to the sound and feelings of your breath.

Stay with this a little longer, or start to lengthen your breath, making the inhale and the exhale the same length. Feel your breath becoming calm. Feel your mind becoming calm - and feel your body becoming calm.

Open your eyes when you feel ready.

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