

Aids to Mindfulness of Breathing

Counting	<p>Count the gaps between the out breath and the next in breath Count only up to 8 If you get distracted, start again at 1 If you get to 8, start again at 1</p>
Word or Words	<p>Use 2 words like "Peace" and "Love" Think "Peace" on the in breath; "Love" on the out breath Use a word with 2 syllables like "Buddho" Think "Bud" on the in breath; "dho" on the out breath</p>
Visualization	<p>Visualize an ocean wave coming in on the in breath, Visualize the wave going out on the out breath</p>
Parts of the Breath	<p>Notice (not note!) the beginning, middle & end of the in breath Notice the gap Notice the beginning, middle & end of the out breath Notice the gap</p>
Lengths of the Breaths	<p>Is this in breath longer or shorter than average? Is this out breath longer or shorter than average? Is every long in breath followed by a long out breath? Is every short in breath followed by a short out breath?</p>