

Thich Nhat Hanh Breath Meditation

Some people like to meditate to a mantra- such as a word, image, phrase, or chant. During the meditation you repeat the mantra over and over, staying focused and concentrated on it and on whatever meaning and sensations and images are connected to it.

We will practice a meditation on the breath by Thich Nhat Hanh who made the suggestion that in meditation and in life we put just a very subtle smile or half- smile on our lips. You may want to practice the half-smile as part of the first meditation.

Recite these lines silently as you breathe in and out:

*Breathing in, I am aware of breathing in
Breathing out, I am aware of breathing out*

Repeat

As you repeat the phrase and hear the sounds, keep some of your attention on the breath and sensations of breathing

or shorten to

*Breathing In
Breathing Out*

Repeat

Another option is:

*Breathing in, I calm my body
Breathing out, I smile*

or shorten to

*Calm
Smile*

As you repeat the phrase and hear the sounds, keep some of your attention on the breath and sensations of breathing