



Alternative Nostril Breathing

This breathing technique helps to settle your mind. Using your right hand, close your first and second fingers. Using the thumb and third finger on the flair of your nostril.

Sit tall, rotate your thighs inward, and return to soft belly rhythmic breathing. Keep your eyes softened or closed. Inhale through both nostrils, gently close the right nostril, and exhale through the left. Inhale on the left, switch finger placement, and exhale through the right. Repeat. Gradually allow the exhale to become longer than the inhale.



10 Minute Practice

Try your hand at breath counting, a deceptively simple breathing technique. Sit in a comfortable position with your feet planted on the floor. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Your breath will be quiet and slow, but depth and rhythm may vary.

- To begin the exercise, count "one" to yourself as you exhale.
- The next time you exhale, count "two," and so on up to "five."
- Then begin a new cycle, counting "one" on the next exhalation.

The plan is never to count higher than "five," and count only when you exhale.

You will know your attention has wandered when you find yourself up to "eight," "12," even "19."

Try to do 10 minutes of this form of meditation.

