REST

If you feel comfortable, allow your eyes to close. If not, focus on a neutral spot on the floor in front of you. Feel your body supported by the chair, the couch, the floor. Allow the muscles in your body and your face to rest. Take in a deep breath, feeling the belly rise on the in breath and a long, relaxing sigh out.

Give it a rest. For the next few minutes, give it a rest, all of it---- homework, parents, the hallway gossip, your inner gossip, the next new thing --- Let everything be exactly the way it is….. And rest. B

And now, let the attention on the breath….the rhythm of the breath in the belly. Again, feel the belly expand with each in breath and release with each out breath. Narrowing your attention to the rhythm of the breath and allowing everything else to fade into the background------breathing, resting. Nowhere to go, nothing to do, no one to be, nothing to prove.

Feel the natural rhythm of the breath all the way through, from the first inhale, to where the breath is still, and the out breath, to stillness again. Now, without changing the breath, see if you can let your attention rest in the short still quiet space between the in breath and the out breath-----and rest again in the small still quiet space between the out-breath and the in breath.