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**Seated Meditation for Breathlessness**

To begin… sitting on a chair, feet on the ground, ‘rooting down’ into the earth. Noticing the feet and how they feel on the ground.

Moving your attention to the shoulders and releasing tension. Finding space around the neck and shoulders, softening around the shoulders.

Checking that the sides of the body are open. Lifting the left arm, releasing the wrist and the fingers, leaning over to the right, opening, releasing, finding space. Then lifting the right arm and releasing and opening. Then placing the palms of the hands on the thighs.

Then moving the torso in cat/cow movements – inhaling and lifting the heart, raising the face towards the sun in the sky, then exhaling and rounding the shoulders and letting the belly button move into the body, feeling the space between the shoulder blades.

Coming back to stillness, rooting down through the lower half of the body, so the spine can lift you up. Feeling the space between the vertebrae, the crown of the head shining upwards. Finding a posture that is upright, stable, yet there is a softness to the front of the body, the belly soft, the jaw loosened.

Coming to a sense of anchoring, finding your anchor. Feet on the ground, rooting down. Feeling your warm hands on your thighs. Feeling the solidarity of your body on the chair. Allowing the mind to soften. Feeling a steadiness in the body. Allowing the body to slow down, coming to a feeling of safety.

Maybe thinking of yourself as a pebble being dropped into a beautiful lake. The pebble dropping down and settling on the bottom of the lake, anchoring, feeling the flow of things around it. Staying here, rooted, anchoring, resting, letting everything flow around you. Releasing.

Releasing and now turning your attention to the breath, breathing in your body. Allowing it to be just as it is. Giving it some space in the front of the body, at the sides, opening the chest, softening. Turning towards the breath with a smile, with gratitude, with kindness. Noticing the natural rhythm, a spacious rhythm, a calm steadiness, a sense of peace and wellbeing.

Introducing a mantra. Placing hands on the heart and the belly.

May I be safe.

May I find peace.

May I know kindness. (then repeating this mantra)

Then, when ready to finish, blinking your eyes open. Stretching and sighing out. Honouring yourself for doing this practice.

Julie Milton 10/8/20