

## **Doehring Breathe-centered Welcoming Meditation**

### **PREVIEW**

This 7 minute breathe centered practice will begin with a few deep, relaxing breathes.

Then I invite you to scan and your body and pay attention to and focus on where you experience stress, or pain, or strength.

I will invite you to see what emotions are associated with those places in your body.

Next, I will invite you to welcome those emotions in a compassionate way.

Finally, I will ask you to focus on a sensation, like you back against your chair, that could anchor this calming experience, so that you can return to it when you experience stress during this webinar.

Please feel free to use these next several minutes in whatever ways are helpful to you.

### **The 2 minute breathe centered practice**

**Let's begin by settling our bodies** into a sensation of being grounded, with our feet on the floor, in a posture that helps us experience a flow of energy through our bodies.

**Take a deep relaxing breathe by breathing** in for 4 seconds, holding your **breath** for 7 seconds, and exhaling for 8 seconds

Now, scan your body and focus on places where you tend to hold stress: Like your shoulders, your jaw, or your facial muscles. Perhaps stress makes you take shallow breathes. Or you geta tightness in your abdomen.

Next, I want you to scan your body and remember places where you tend to feel pain: headaches, muscular pain, arthritis.

In our final body scan, notice places in your body that feel strong: perhaps your hands, your core muscles, your shoulders, your feet.

Now I invite you to focus on one of those places in your body, a place of stress, or pain or strength.

Is there an emotion that goes with that experience? Perhaps a place of stress makes you fearful; a place of pain makes you angry or guilty; a place of strength makes you feel hopeful?

Whatever emotions arise, imagine now that one of these emotions is like a stranger knocking at your door.

You invite that emotion in and simply gaze upon it with warm curiosity.

Finally, I invite you now to pay attention to a sensation, like your feet on the ground, or your back against your chair. Take another relaxing breath and focus on that sensation as an anchor that grounds you in this calm space.

**Breathing** in for 4 seconds, holding your **breath** for 7 seconds, and exhaling for 8 seconds.

And now, when you are ready turn your attention to our webinar.

I will invite you to see what emotions are associated with those places in your body.

Next I will invite you to welcome those emotions in a compassionate way.

Finally I will ask you to focus on a sensation, like your back against your chair, that could anchor this calming experience, so that you can return to it when you experience stress during this webinar.

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