



# Needham Wellesley Family Medicine PC

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Sit straight in a chair or lie comfortably on your back.

Observe your breathing as it passes in and out through your nostrils, or as your belly rises and falls, or your chest rises and falls.

As you observe your breath, spontaneous thoughts or sensations may occur that will distract you from observing your breath. Everybody has distracting thoughts and sensations while they are observing their breath.

When you notice that you have been distracted, appreciate the distraction with curiosity, tolerance, and patience. Briefly note what the distraction is. You may notice how you feel about the distraction.

Then gently return your attention back to observing your breath.

Each time you are distracted, be curious, nonjudgmental, and patient, and gently return your attention back to your breath. No matter how many times you are distracted, each time you are distracted, return your attention to your breath. You are making progress.

Real Happiness by Sharon Salzberg (pages 46-51)