

Breath by Breath Script

This exercise is called breath by breath

For this you can stay seated with your spine straight and body relaxed.

You are invited to close your eyes or keep them at a soft gaze.

Any day, anytime you can take three soft, slow, mindful breaths, and watch life flow.

Let's do that now:

B

B

B

Your breaths help you pause and notice where you are and what is going on right now, in this moment.

You are never in yesterday or tomorrow. You are only here now.

If something from yesterday, upsets you..now is the time to notice your thoughts or feelings about it and work with them or let them go.

Breathe in. Breathe out.

Let memories of yesterday fly away from your heart and fade away.

Notice this moment, now.

If something about tomorrow worries you, remind yourself that you can only change what is happening now.

Tomorrow is not here yet.

Remember that everything in life changes.

In each moment, you can start over.

In each new moment with each breath, everything is fresh.

Thanks for being here now..

