



## **Learning to be a witness – Sakshi Bhava**

### **Part 2 - Breath Awareness**

- This exercise is most beneficial after Sakshi Bhava but can be practiced any time and anywhere
- Sit in a comfortable posture, either on the ground or on a chair.
- Keep your back, neck and head in a straight line.
- Tell yourself you will not be judgmental or concentrate too hard when practicing breath awareness
- Do not exceed 2 minutes.

#### **Benefits**

- By moving your awareness to a neutral state, negative emotions are neutralized
- One of the best distress reduction techniques for body and mind
- This technique refines your ability to become a silent, objective, non-judgmental witness
- Prepares you for your meditation sitting

#### **Technique**

- Slowly take your awareness to your breath
- Simply observe the breath going and then going out
- If your mind wanders, slowly bring it back to the breath
- After about 30 seconds, as you breath in, count 27 in and as you breath out, count 27 out
- Next 26 in, 26 out...count down to zero
- When you reach zero, you can start your japa (or mantra repetition) as directed by your Guru

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