



# Tools For All Teens

## Just One Breath Meditation

- Set your timer for 5 Minutes.
- Take your meditation position.
- Gently close your eyes.
- Take a long, deep inhale that sweeps up your current worries, hopes and dreams. Hold it for a moment. Then gently and slowly “sigh” it out.
- One more time. Deep breath. Release any remaining tension.
- Start your timer.
- Notice if you are controlling your breath. If so, release control. Relax.
- Notice that place in your body where you are most aware of the sensation of breathing. It may be your chest, diaphragm or nostrils. There is no “right” place.
- Gently direct your attention to that place. We call it the “anchor” point.
- With your attention on the anchor point, observe the natural rise and fall of the breath. Try to view this as “the breath.”
- Allow...allow...allow. There’s no need to become involved or figure anything out.
- Thinking? No problem, simply notice this. Gently return to your anchor point, your breath.
- Try to follow just one full in-and-out cycle of breath. If you can, then follow another. If you can’t, fine, just start over.
- Frustration? Irritation? Just notice these sensations. Return to your anchor point.
- Can you follow just one breath?
- Do this until your timer sounds.

Victor Davich

8 Minute Meditation – Quiet your Mind. Change your Life.