

# *Focused breath meditation*

- *Bring your attention to your breath - or one part of your breath cycle. There is no need to change your breathing. Simply use your breath as an "anchor" for your attention.*
- *Notice when your attention has wandered - which it will. This is normal and good for your practice.*
- *Gently and, without judgment, bring your attention back to your breath.*
- *Each time you notice and bring your attention back you are strengthening the part of the brain that is able to notice what is happening in the moment.*