

Meditation and Epicurean Philosophy (?)

Post by “Kalosyni” of January 10, 2022 at 12:23 AM

I'll go ahead and do a description of a simple breath awareness meditation.

You begin as you say to yourself: "Breathing in, I know I am breathing in. Breathing out, I know I am breathing out." This can be your starting thoughts, then you can drop this and move to watching the sensations as they arise in the body...

Focus your awareness on air moving in through the nose (with mouth closed). Notice the feeling of the air as it flows inside the nostrils. Notice the feeling as your chest expands and fills with air. Gently let the air come all the way down into the diaphragm, and notice as it expands. Let the speed of this be at whatever speed feels good. Then watch as you naturally breathe back out at whatever speed feels best. Let your body relax and loosen any tension at you exhale. Repeat this process, and just let it happen at whatever speed feels good. This will vary, sometimes fast, sometimes slow. Check to feel if your sitting posture (on chair or cushion) is both relaxed and supported, so that your spine in a good alignment, head and neck comfortably aligned. Again relax your neck and shoulders as you exhale. As you continue, let your breathing become smooth, let it feel like it is become smooth on it's own accord. No need to force anything. If you feel tightness at any point or place in your body just notice it. Breath into it with gentleness, and let it relax on its own terms. You can then "play" with aspects of your breathing, including letting your exhale have some audible sound, as well as opening your mouth as you exhale (always breath in through nostrils). Gradually allow your breathing to relax toward going slower and deeper, feeling and enjoying the smoothness. Experiment with eyes open to increase energy (gently focused on a spot about three feet in front of you), or try with eyes closed (to increase relaxation and as a sleep aid, in which case you could do this laying down in bed).