

MtM Session – Simply be and breathe

- Q&A/share meditation experiences that occurred during the last week.
- This week we will focus on simply be and breathe
- All of the meditations are taken from the mobile app **Insight Timer**.
 - *Simply Be*, Scott Lanston (1:40 minutes)
 - *Simply Being – Relaxation & Presence*, Mary Maddux (5:00 minute)
- A primary way to be presence is practice following the breath. Breathing is an activity we constantly do all the time. Following our breath is a process of addressing and obtaining the ability to be in the present moment, with practice.
- The following three meditations are on Insight Timer app compliments of <http://www.soundstrue.com>. This website has a live 24/7 radio of music and interviews. Also there are some free downloads on various topics, plus a lot of opportunities to purchase stuff too.
 - *Breathing Meditation*, Jack Kornfield (8:43 minutes)
 - *Breath Meditation*, Sharon Salzberg (9:49 minutes)
 - *Mindful Breathing*, Thich Nhat Hanh (14:13 minutes)
- The placebo effect is your internal healer; take care of your body, be aware of the body and smile to yourself while exploring your body; work at increasing the ability to synchronize body & mind in the present moment; body and mind become one – unified.
 - *Short Body Scan*, Dzong Vo (4:52 minutes)
- Attention versus Awareness / focused vs open; Let's now be present and attentive by relaxing into the world sound with a combination of flowing water and chime bells
 - Heart Chakra Tibetan Singing Bowls, Sonic Yogi (19:15 minutes)

RESOURCES

- Another sound meditation: *Theta Mare 20 – Binaural Music* Guenther Goerg (20:00 minutes)
- The MtM Meditation program series is available in PDF file format and can be read and/or downloaded from www.leafsfoundation.org/projects.