

Beginning Anew

Seated and well established in my breathing, I breathe in, I breath out

I am conscious of the air I breathe in
I am conscious of the air I breath out

With my in breath I relax my entire body
With my out breath I let go of the tension in my whole body

Appreciating the benefits of stopping, I breathe in
Knowing that I can find those benefits each time I come back to my breath, I breath out

Knowing that Mindfulness is a powerful tool that helps loosen the seeds of suffering in me,
I breath in
Knowing that Careful Attention helps me to touch all that is marvellous in me and around
me, I breath out

Conscious that I have lived for a long time in distraction and negligence, I breath in
Happy to have discovered the practice of mindfulness that lets me start anew, I breath out

Conscious that I have made many mistakes due to my misperceptions, I breath in
Determined to put into practice Right View on a daily basis, I breath out

Not having been able to establish clear communication between myself and those around
me, I breath in
Resolved today to practice deep listening and loving speech to better understand, accept and
love, I breath out

Knowing today that the seeds of love, of comprehension, of peace and joy are already sown
in my consciousness, I breath in
Determined to do all I can to water them, to make sure they stay with me, I breath out

Having for a longtime been sunk in doubt, believing that happiness was far away, I breath in
Knowing now that happiness is accessible in the present moment, I breath out

Practicing a gentle smile and conscious breathing, I make the vow to live fully awake, and
to make each moment of my life a New Start.