

MtM Meditation Series
BECOME A MOUNTAIN

On average, a person at rest takes about 16 breaths per minute. This means we breathe about 960 breaths an hour, 23,040 breaths a day, and that is if you are able to always be relaxed for 24 hours. Taking most types of physical activities raise the number of breaths per minute because the body needs more oxygen.

Out of the 23,040 breathes you take a day, how many times during the day are you aware of your breath?

We can at any time during the day to take one minute to take a deep breath. While releasing feel the body beginning relaxing a bit and smile to yourself. The more times you are aware of your breath during the day can relate to how often you can reinforce having a relaxation response.

Warm-up: One Minute Mediation, Don Reed Simmons (1:00 minute Insight Timer)

One of the key notions that is followed while doing mindful meditation is “let go.” That is making a continual effort to not hold on to anything during the mediation except maybe using point of mental focus such as following our breath.

Poem: She Let Go, John Siddique (2:32 minutes Insight Timer)

Along with letting go is following your breath. Following your breath allows you to settle down and create a relaxation response - - a time for your body to begin recuperating from previous activities of the day.

Breath Meditation, Sharon Salzberg (9:49 minutes Insight Timer)

Who are we? Sometimes we feel like we are disconnected for what happening around us. A feeling of not being grounds or feeling solid. This coming mediation is an opportunity for you to be whole, solid and working from your own solid foundation.

Mountain Meditation, Andy Hobson (15:31 minutes Insight Timer)

We conclude this session from the orientation of being a mountain and feel what is happening around you and within you. This is a sound meditation, so let the sounds travel through your body.

The Sound of Bamboo **Morning Rain, Riley Lee** (20:50 minutes Insight Timer)

Other MtM meditation sessions can be located on our website: <http://LeafsFoundation.org/Projects>