**Simple Meditations for 3 Breaths**

**Notice your next 3 inhales/exhales**

**Find the breath in your body (chest, belly are easy points to find it) and notice this breath for three inhales and exhales.**

**As you breath, notice a sense of brightness on the breath, connect with that brightness for three whole breaths.**

**Breath in your stress or difficulty on the inhale, breathe out peace to it on the exhale three times.**

**Is there something or someone to feel gratitude for in the midst of stress? Bring your gratitude to mind for three breaths, a simple “thank you.”**

**Update to the present moment: three breaths of here and now meditation. Breathe in here/ exhale now.**

**Three breaths in light: breathe in light, exhale light allowing light to circulate through the mind and body. (This feels so good you may definitely want more than three breaths!)**

**Not abandoning yourself for three breaths: staying with the inhale and the exhale for all 3 breaths. Sometimes that requires a lot of patience.**

**Long, slow, deep breath for three breaths: silently counting to four on the inhale/exhale, noticing the natural pause after the exhale. Or, just make the inhales/exhales the same length.**

**Three breaths of goodwill to yourself (or another): may I be happy, may I experience ease, may I suffer less. Each phrase gets its own inhale/exhale.**

**Breath of Safety**

**Eyes open or closed, in seated or walking meditation or just out in the world, what if you had a place to go that was separate from thoughts of anxiety, upset, etc.**

**Returning to noticing one breath, the breath you are breathing now as a breath of safety where anxiety, the actions of others, difficulty in the world cannot follow. In your safe breath once again where you can touch on ground, calm, your own inner refuge.**