

GUIDED MEDITATION

To begin with we will adopt a comfortable posture, whether lying on the floor or seated with our legs in the shape of an "L" and the soles of our feet well rested on the floor, our backs straight, heads straight and shoulders relaxed. Once we have found the posture, we will close our eyes and listen attentively to the indications.

The music playing embraces me and rocks me...
I am listening to it attentively.

Let's take a tour of our body focusing on our breathing. Now we will inhale taking in air through our noses, and notice how the air enters through our nostrils. We perceive the cold of the air as it enters our body. We release the air through our noses and concentrate on the sensation of heat that is released. We can put our hand near our noses to feel the sensation.

Now we inhale again through our noses, slowly, feeling how the air that enters through our nostrils is directed towards the pharynx and from there to the trachea. We exhale the air again through our noses.

We take another breath again, this time through our mouths, and notice how the air that enters goes directly into the trachea. We exhale the air again through our mouths.

We inhale again, slowly, taking the air through our noses, and feel as the air is conducted from our pharynx and trachea to our lungs through the bronchi. We'll notice here how our chests expand. We can put a hand on our chest to notice it. We exhale the air again through our noses and feel as the air escapes leaving our chest empty.

We inhale, while feeling how the air in our lungs is distributed through the alveoli that make oxygen reach the blood. And we exhale.

Now, we inhale as much air as possible, with a deep breath, and feel how the rib cages that enclose our lungs widen. And we exhale.

Now we'll repeat this deep breath a couple more times.