

4. Focused Meditation

The first thing to clarify: What we're doing here is aiming for mindfulness, not some process that magically wipes your mind clear of the countless and endless thoughts that erupt and ping constantly in our brains. We're just practicing bringing our attention to our breath, and then back to the breath when we notice our attention has wandered and then transferring that attention a positive image and sound.

- 1. Make sure you are comfortable and prepare to sit still for a few minutes.**
After you stop reading this, you're going to simply focus on your own natural inhaling and exhaling of breath.
- 2. Focus on your breath.** Where do you feel your breath most? In your belly? In your nose? Try to keep your attention on your inhale and exhale.
- 3. Follow your breath for two minutes.** Take a deep inhale, expanding your belly, and then exhale slowly, elongating the out-breath as your belly contracts.
- 4. Return to your normal breathing pattern** Click on the following link [Debenham Lake Slide Show](#) and a new page should open. Scroll down a little so that you can see the bottom of the first slide. At the bottom right hand corner is an oval shape with 3 vertical dots; click on these dots and choose play. The slides should then follow on from one another, each slide lasts for 3 minutes.
- 5. Let your mind enter the picture whilst listening to the birdsong.**
Breathe slowly and gently while you absorb the view and the sound. Imagine that you are standing still beside the lake and just being at one with the surroundings. Slowly close your eyes and just listen for 15 to 30 seconds. Slowly open your eyes again and view the scene once more.
Carry on watching and listening until you feel really calm and relaxed.

Each slide lasts for 3 minutes and will automatically change to a new picture and a new birdsong. You can also manually advance it by clicking on the picture (there are 22 in total). To flick through them repeat click. However, we don't seem able to go back to a previous slides so if you reach the last slide (22), you will need to restart the slide show afresh.