

Thich Nhat Hanh on The Practice of Mindfulness

Breathing in, I know I am
breathing in.
Breathing out, I know I am
breathing out.
Breathing in, I notice my in-
breath has become deeper.
Breathing out, I notice that
my out-breath has become
slower.... Breathing in, I
calm myself. Breathing out, I
feel at ease.
Breathing in, I smile.
Breathing out, I release.
Breathing in, I dwell in
the present moment.
Breathing out, I feel it is a
wonderful moment.

Thich Nhat Hanh

(SOURCE: UNKNOWN)