

Between Breath and Being

Poems and Meditation Practices
for Mindful Presence



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First edition

Introduction

There is a quiet place within you
that has never been hurried —
a room to explore,
your most sacred inner space,
a place you are empowered to shape and discover.

Beneath the noise of daily life,
beneath the pull of plans, worries, and distractions,
there is a steady presence that simply observes, breathes, and is.

This book is an invitation to return there.
Through short meditations and reflective poems,
you are guided gently inward —
not to become someone new,
but to remember what has always been here,
and to evolve through stillness and reflection.

You do not need special skills, long hours, or perfect focus.
Only a willingness to pause,
to notice,
and to soften.

Take your time with these pages.
Read slowly.
Breathe between sections.
Let the words settle rather than rush ahead.
There is no destination here.
Only space.
And the quiet unfolding of awareness.

PART I**Being Grounded**

Before we can understand the mind,
we begin with the body.

Before we explore deeper awareness,
we return to something simple and steady —
this breath, this moment, this place where we already are.

Arriving is not about going anywhere new.

It is about coming back.

Back to the quiet rhythm beneath distraction.

Back to the feeling of being here, now.

In this section, you are invited to slow down.

To notice the weight of your body,
the movement of your breath,
the gentle presence that has been with you all along.

Nothing to achieve.

Nothing to improve.

Only the practice of arriving.

PART I

GROUNDING

Meditation 1 - Arriving with the Breath

This meditation gently supports present-moment awareness by anchoring attention in the natural rhythm of breathing.

Sit in a way that feels natural, not perfect.
Let your hands rest wherever they land.
Allow your eyes to close, or soften your gaze.
Notice that you are breathing.
You do not need to change the breath.
Just feel it as it is.
Feel the air enter the nose...
and leave again.
Cool as it comes in,
slightly warmer as it goes out.
Let your attention rest there —
at the gentle rise and fall,
the quiet rhythm that has been with you all along.
If the mind wanders,
let it wander without frustration.
Thoughts move, just as clouds move across the sky.
Gently, kindly,
bring your awareness back to the next breath.
Nothing else to solve.
Nowhere else to be.
Just this breath, arriving you right here.

PART I

GROUNDING

Meditation 2 - Listening to the Body

This meditation gently connects you with your body. A great reset exercise.

Sit or lie down in a way that feels supported.
Let the body be held by whatever is beneath you.
Allow your eyes to close, or rest your gaze softly.
Begin by noticing the points of contact —
where your body meets the chair,
the floor, the cushion beneath you.
Feel the weight of your body.
No need to hold yourself up right now.
Let gravity do its quiet work.
Bring your attention slowly to the top of your head.
Without searching for anything specific,
simply notice what is there.
Then gently move your awareness downward —
to the face, the jaw, the neck and shoulders.
If you find tightness, you do not need to fix it.
Just acknowledge it.
A soft noticing is enough.
Let your awareness continue down
through the chest, the belly, the hips.
Then into the legs, the knees, the feet.
Feel the whole body at once now —
breathing, resting, supported. Nothing to change.
Nothing to improve. Just the quiet experience
of being in a body that is already here.

PART I

GROUNDING

Meditation 3 - Listening to the World

This meditation gently supports open awareness and helps you rest in the experience of simply listening. You may wish to stay with this practice for a few minutes, or longer if it feels natural.

Sit in a comfortable position and allow the body to settle.

Let your eyes close, or soften your gaze.

Take a gentle breath in...

and out...

without needing to change anything.

Now, instead of focusing on the breath or the body, let your attention open outward.

Begin to notice the sounds around you.

You may hear distant noise, the hum of a room, wind, voices, movement, or silence between sounds.

There is no need to search for particular sounds.

Just listen.

Let each sound arrive on its own, exist for a moment, and fade again.

Notice how sounds come and go without effort on your part.

You are not the sounds.

You are the one who hears them.

Rest in that simple awareness — listening, receiving, allowing the world to move around you.

When you are ready,

gently bring your attention back

to the feeling of your body here,

and the quiet rhythm of your breath.

PART I

GROUNDING

Poem 1 - The Morning Mist

It never tried to stay,
and that is why it was beautiful.

It arrived without announcement,
its presence felt, its fragrance breathed,
drawing near without a sound —
a quiet breath across the fields,
airy and silent, flourishing in stillness.

For a while, everything felt softer —
trees less certain, distances kinder,
the horizon no longer in a hurry to be reached.
Then, without apology, it lifted,
leaving nothing behind but clarity.

PART I

GROUNDING

Poem 2 - Rest

The earth does not ask you to hurry.
It has held mountains in place for centuries
without strain.
The chair beneath you
is not impatient.
The floor does not wonder
why you have stopped moving.
Rest is not a pause from living.
It is where living gathers itself again.
Even the tide withdraws.
Even the sun lowers its light.
Nothing in nature blooms without stillness,
nothing grows without quiet intervals
of doing nothing at all.
So let this moment hold you.
Let gravity be enough.
You do not have to earn
the right to rest.

PART I

GROUNDING

Poem 3 - Held

You do not fall through the world
as often as you fear.
The ground has always been there,
patient beneath your wandering.
Air carries your breath
without asking you to understand how.
Light reaches your skin
without needing your permission.
Even now,
something is holding you —
the chair,
the floor,
the quiet rhythm of being alive.
You are supported
in more ways
than you have ever had to notice.

PART I

GROUNDING

Poem 4 - The Value of Patience

The seed did not argue with the dark.
It did not demand the sun too soon.
Beneath the soil, unseen and unpraised,
it gathered the strength to become.
Patience is not waiting with clenched fists,
nor counting the slow steps of time.
It is trust, resting quietly in the unseen,
believing roots grow before leaves appear.
The river carves stone without urgency,
the moon becomes full without force.
So the patient heart learns this gentle truth:
what is meant to rise
will do so in its own season.

PART II

Being Aware

In a state of awareness,
Thoughts move like weather.
Feelings rise and fall like tides.
Sensations flicker, change, and fade.
In this section, nothing needs to be fixed.
Nothing needs to be pushed away.
You are invited simply to see —
to observe the patterns of the mind,
the habits of emotion,
the stories that come and go.
Awareness is not analysis.
It is not judgment.
It is the quiet light of attention
resting on what is already here.
As you turn inward,
move gently.
Curiosity is enough.
Kindness is enough.
You are not trying to become different.
You are learning to notice
what has been there all along.

PART II

AWARENESS

Meditation 1 - Watching Thoughts Pass

This meditation supports mental awareness by helping you observe thoughts as passing events, rather than truths you must follow.

Sit comfortably and allow the body to be still.

Let your breath move in its own rhythm.

Bring your attention to the mind —
not to control it,

but to notice what is already happening.

Soon, a thought will appear.

Perhaps about the day,

a memory, a plan,

or something small and ordinary.

Instead of following it,

see if you can simply notice it.

Imagine each thought as a cloud drifting across the sky.

It appears, moves, and slowly passes.

You do not have to push thoughts away.

You do not have to hold onto them.

Let them come. Let them go.

If you find yourself carried off by a stream of thinking,
gently return to watching the next thought arrive and fade.

Behind the movement of the mind,

there is a quiet space of awareness

that does not come or go.

Rest there when you can —

watching the clouds move across an open sky.

You may wish to stay with this practice for 5–10 minutes,
allowing thoughts to rise and pass naturally.

PART II

AWARENESS

Meditation 2 - Emotions as Waves

This meditation gently supports emotional awareness by helping you observe feelings as natural movements that rise, change, and pass.

Sit in a comfortable position and allow the body to be at ease.

Let your breath move naturally.

Bring your attention inward,

not to search for anything, but simply to notice what is present.

Perhaps there is a feeling already here —

calm, restlessness, heaviness, lightness,

something subtle, something strong.

There is no need to name it perfectly.

Just sense it.

Now imagine this feeling as a wave in the ocean.

See how it rises, gathers energy, and then slowly shifts.

Notice where you feel it in the body —

the chest, the stomach, the throat, the face.

Instead of pushing it away or holding it in place,

allow it to move as it wishes.

Like the sea, emotions do not stay still.

They swell, they crest, they soften, they fade.

Your task is not to control the wave,

only to watch it with gentle attention.

If the mind gets pulled into a story about the feeling,

notice that too — and return to the simple sense of the wave in the body.

You are the one who notices. The wave comes and goes.

Rest in that quiet awareness, watching the tides of feeling without needing them to be different.

You may wish to stay with this practice for 5–10 minutes, allowing emotions to rise and settle in their own time.

PART II

AWARENESS

Poem 1 - Weather Within

No feeling stays
as long as it promises.
Joy stretches wide like morning light,
then thins into afternoon.
Sadness gathers like evening cloud,
heavy for a while,
then loosens into night.
Anger flashes —
brief lightning across the sky,
loud, bright, and gone.
Even longing moves in tides,
pulling close,
then drifting back out to sea.
You are not the weather
that passes through you.
You are the sky
wide enough
to let it all move on.

PART II

AWARENESS

Poem 2 - In This Moment

Nothing has changed,
yet everything is softer, lighter.
The room is still the room.
The light still falls the same way.
Time is of no consequence.
Be lost and yet found —
nowhere, and yet present
in the space
between you
and the rush to be elsewhere.
Appreciate the quiet of not knowing.
You are where you ought to be.
Breath moves.
Air touches skin.
A distant sound rises and fades
without asking anything of you.
You are not behind.
You are not ahead.
You are simply here.

Thank you for spending time with these pages.

May they serve as a gentle reminder that moments of stillness are always available, even amidst the movement of everyday life.

Return to these practices whenever you need them. There is no finish line, only the simple practice of arriving again.

Wishing you calm, clarity, and presence on your journey.



