

BREATHING MEDITATION



To truly work in solidarity, we must understand each other. As important as it is to notice the unjust inequalities that exist in our world, it is just as important to notice the things that bind us together as one human family.

Breathing is something that binds us all. As we inhale and exhale, so to do our brothers and sisters around the world. Breathing calls for us to be still, focus and aware of our surroundings.

This breathing meditation exercise has been inspired by Miriam-Rose Ungunmerr's inner deep listening exercise called 'Dadirri'. You can read more on this exercise [here](#).

Read out the below instructions to lead the breathing meditation exercise. Allow some time for reflection between each instruction.

- Sit upright on the floor, away from anyone else. Make sure you are not touching anything.
- Close your eyes.
- Relax your body, gently placing your hands on your lap.
- Notice your body. Notice your head, relax your shoulders, loosen your arms and your fingers, notice your legs on the floor, relax your feet and your toes.
- Focus on your breathing. Breathe slowly. Inhale through your nose (*wait 3 seconds*), now exhale through your mouth.
- Inhale through your nose (*wait 3 seconds*), now exhale through your mouth.
- Listen deeply as you breathe.
- Notice your chest rise as you take a breath in, and the fall of your abdomen as you exhale.
- Be aware of your mind wandering to other things, bring yourself back to this present moment, the now, the stillness, your breathing.
- We are all here, in the now, in the stillness, breathing.
- We breathe together here in this room.
- And at the same time, we breathe with all of humanity.
- We breathe with all of creation.
- We breathe with the creatures of the land, sea and sky.
- We breathe with the trees.
- We are all here, living in God's creation, together.
- To stand in solidarity with others, we need to look at the things that bind us, as one human family.
- We need to truly understand one another. The things that make us human. Our experiences. Our life journeys.
- We feel the same sun on our skin. We lay under the same moon as we sleep.
- We inhale together. We exhale together.
- We are here, in the now, the stillness. All breathing together.
- Bring yourself back to the room.
- Start to notice your body. Notice your head, your shoulders, your arms and your fingers, notice your legs, your feet and your toes.
- Notice the floor that is grounding you.
- Slowly begin to bring yourself back to this space.
- When you are ready, open your eyes.
- You are here, in the now. And we are here together.