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**LIA Lifestyle Instruction Aid**

**abc12. Get Started with This Guided Meditation**

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- Breathing in, I know I am breathing in. (In) Breathing out, I know I am breathing out. (Out)
- Breathing in, my breath grows deep. (Deep) Breathing out, my breath goes slowly. (Slow)
- Aware of my body, I breathe in. (Aware of body) Relaxing my body, I breathe out. (Relaxing body)
- Calming my body, I breathe in. (Calming body) Caring for my body, I breathe out. (Caring for body)
- Smiling to my body, I breathe in. (Smiling to my body) Easing my body, I breathe out. (Easing body)
- Smiling to my body, I breathe in. (Smiling to body) Releasing the tensions in my body, I breathe out. (Releasing tensions)
- Feeling joy (to be alive), I breathe in. (Feeling joy) Feeling happy, I breathe out. (Feeling happy)
- Dwelling in the present moment, I breathe in. (Being present) Enjoying the present moment, I breathe out. (Enjoying)
- Aware of my stable posture, I breathe in. (Stable posture) Enjoying the stability, I breathe out. (Enjoying)

Copyright, Source: "Blooming of a Lotus"(Parallax Press), by Thich Nhat Han.