# Draw Your Breath - guided meditation

## Transcript

Full resource: <https://www.ncrm.ac.uk/resources/online/all/?id=20812>

In a second, I will guide you in a meditation. I'll ask you to have an A4 blank piece of paper in front of you and a marker, a black marker or black pen, that'll be fine.

Let's start the meditation. If you can sit down comfortably… make yourself comfortable; as always, with your back straight against the chair, with your feet grounded and as we're starting this meditation, don't worry, I will guide you with everything…

Close your eyes, together with me, and let's make ourselves aligned with the comfortable feeling, atmosphere, essence around us.

Slowly, we're drawing down, taking a deep breath, breathing in and out, breathing in and out, becoming heavier and ‘deeper’. The muscles relax... Breathing in and out, soaking in the magnificent flower with the fragrance of peace and calmness. And with every breath out we're breathing out tension. Relaxation in, tension out…

And as we continue the meditation, imagine that you are walking on a magical path, and as you breathe in, you expand, and as you breathe out, you shrink, you become smaller…

Expand, encompassing the beauty and calmness of the universe, and contracting, becoming this small, little joyful atom. And in that dance of expanding and contracting, you become one, calm with yourself, breathing in, becoming bigger; and breathing out becoming smaller.

And notice, as you walk in that imaginary space, becoming bigger and smaller, breathing in the magnificent Trees of Life, and breathing out tension, past memories. Breathing in and out.

And you may notice a few orbs of light present, magnificent creatures, and they are breathing with you, in and out. And together, as we are all breathing in this sacred room, we're becoming deeper into ourselves, relaxing more and more into the ancient kingdom where your heart is pulsing with the love of the universe. Breathing in and out.

And each pulse is like a dream saying "I am, I am", and these words, "I am, I am", spread vitality that rushes through your body and into the Tree of Life, and into the flowers of your calm, sacred space, the triangle of the holiness of the earth.

And you can hear a symphony breathing with you, in and out, in a flowing rhythm of life. And so I'll ask you to take another breath in, breathe in and out, and slowly open your eyes.

Remember the Tree of Life, the energies, the union, the sages breathing with you. Continue breathing.

I'll ask you to grab the pen, a marker, and simply make a dot on the paper. Stay conscious in that sacred space, and start to draw, naturally draw your breath. There's no right or wrong. Simply flow as you breathe in and out, in and out. And you can take a few more seconds to draw your breath.

In and out, in and out.

Well done. If you want, please take a photo with your mobile phone. You can write your name and the date if you want. And please upload it, share it with us.

You may continue this process. You may choose to add colours to your work, if you want or you may just share it as it is with black lines. There is no wrong, there is no right.

Thank you very much for joining me on this exercise of drawing your breath, meditation. I'm Gil Dekel. Goodbye for now.

National Centre for Research Methods (NCRM)  
Social Sciences  
Murray Building (Bldg 58)  
University of Southampton  
Southampton SO17 1BJ  
United Kingdom

**Web** www.ncrm.ac.uk   
**Email** info@ncrm.ac.uk  
**Tel** +44 23 8059 4539  
**Twitter** @NCRMUK