

# How to meditate with Counting Your Breath

1. Close your eyes and take a moment to relax and calm yourself.
2. Bring your attention to your breath. Notice the rise and fall of your breathing.
3. Count 1 in breath as you inhale and 1 as you exhale. Continue counting 1, 1, 2, 2, 3, 3, 4, 4, and so on until 100.
4. When your mind begins to wander picture the next number in your head and return to feeling your breath.
5. Let your thoughts come and go. They will inevitably invade your mind; the key is to not get frustrated.