

Following the Breath

In this practice, I'll introduce inquisitive techniques – or a branch of techniques where we use our attention to discover something. Sometimes in meditation, we try to put our attention on a particular thing – we do something with our attention. We lead it, force it, move it. In inquisitive techniques, we follow something, we explore, we discover. For people with a curious or inquisitive temperament, or for people who find the discipline of meditation techniques difficult, sometimes engaging our curiosity can help develop a good practice.

References and further reading

- Vago, D. R., & David, S. A. (2012). Self-awareness, self-regulation, and self-transcendence (S-ART): a framework for understanding the neurobiological mechanisms of mindfulness. *Frontiers in human neuroscience*, 6, 296.