

Space To Breathe

(in just 5-minutes)

When we make a daily practice of exercising the body and the mind- all levels of being are deeply nourished. Daily exercise and meditation has been shown to improve health by decreasing stress, which allows the body (and mind) to naturally release endorphins, relax and heighten awareness.

Use this 5-minute mindful exercise daily at home and when traveling to reduce stress and promote balance.

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Sit in a comfortable cross legged position or in a chair.
Close the eyes, and take a deep breath in through the nose and exhale out of the mouth without control. Just let it drop. Do this three times.

Feel the contact of the body with the floor/chair and let the body settle.

Feel the sensation of the air surrounding and touching the body. Notice where it makes contact with the skin and any perception of temperature or movement.

Be aware of the breath as it enters the body. Inhaled through the nose and/or mouth, down the throat, and into the lungs and exhaled as it returns from the lungs, up the throat and out the nose and/or mouth.

Breathe naturally *without* force or control. Let the breath be as it is.

When the mind wanders, return awareness to the breath. Focus attention on the complete path of the breath, from inhalation to exhalation, or on any one point along the way. If the strongest connection is at the nostrils- then maintain awareness of the breath entering and leaving at that point. If the throat or lungs are stronger points of contact then maintain awareness at one of those areas with each breath.

Continue to follow the breath as it enters and leaves the body. If thoughts, emotions, or other sensations come into awareness, return to the breath as soon as they are noticed - one breath at a time.

Feel the air surrounding and touching the body; notice where it makes contact with the skin.

Gently open the eyes. Breathe.

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