

Journey To AUTHENTIC LIVING

Breathing Space Exercise 1

Before you begin this exercise, please make sure that you will be uninterrupted.

Take a dignified posture that is relaxed but not stiff. Come into the moment and begin to take slow and deep breaths from your nostrils... then exhale slowly. Do not hurt yourself by rushing your breath or initially breathing too deeply, allow your breath to guide you and your belly into the depth. Eventually your breath and belly will synchronize.

Continue to focus on your breathing and as you inhale your belly should expand. The deeper you breath, the more expansion in your belly area.

Continue breathing slowly, in and out...you may close your eyes if you wish.

Try to become aware of what is going on in your mind. Just notice and do not try to change anything or push any thoughts away. Continue breathing and if your mind wanders, bring it back to your breath.

Notice if there is any pain or tension in your physical body. Again, just notice and continue breathing. You may want to simply acknowledge the tension or your wandering mind by saying, "I am noticing... nothing to do, I am here and I acknowledge you".

Now that you are in the present moment, you have stepped away from automatic pilot but continue bringing your focus to your breath. Watching your belly expand as it becomes comfortable and relaxed with the slowing down.

As you focus your attention on the movements of your abdomen, the rise and fall of your breath...focusing on the feeling of your breath coming in your nostrils, you may feel some coolness as you inhale and as you exhale a little warmth – all as best as you can. There is not a wrong or right....and if your mind wanders bring it back to your breath.

Now you are going to allow your awareness to expand by including your whole body. As your breath and whole body are one – one whole breath.

Notice any sounds around you, any thoughts that may be coming or going. Holding it all, in a lighter more spacious way. And, when you are ready you can open your eyes. Allow yourself a few minutes to get up from where you were sitting, or lying.

*It is suggested that you practice this exercise in order to reap more benefits and help you practice stillness.

For more information, please contact us by phone at 719-649-4418 (PST) or by email at info@J-TAL.com.

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