

Three Conscious Breaths

Feelings come and go like clouds in a windy sky.
Conscious breathing is my anchor."
~ Thích Nhất Hạnh



DATE : _____

M T W T F S S

WHY BEGIN WITH THE BREATH?

The breath is always with us, but we rarely notice it. When stress rises, our breathing becomes shallow, and our body holds tension without us realizing. Research shows that even a few intentional breaths can calm the nervous system and steady the mind. This practice uses three breaths, each with a focus: release, soften, renew.

In just a few minutes, you can remind yourself that you already have a tool for grounding. Not to fix everything, but to arrive here, gently, fully, now.

TODAY...

- Inhale slowly. Exhale with the intention to let go of one small tension in your body.

I choose to release...

- Breathe again, softening the space around your heart. Imagine your chest widening, making room for your feelings.

I soften towards...

- Inhale deeply. Exhale with the thought of beginning again. This moment is always fresh.

One thing my breaths remind me I already have is ...

Three breaths.

A pause.

And the gift of being here now.

REFLECTIONS TO CARRY WITH ME