Breathing Awareness

One of the key indicators of your stress levels (as well as your level of peace) is your breathing pattern. Your breath is your source of life and energy for your body and mind. Without the breath, there is no life. It's been said you can go weeks without food, days without water, but only minutes without air.

Your breath is the gift of pure Spirit each time you breathe

Here's a simple (but powerful) process you can use anytime to:

1) Check your stress level
2) Get in touch with your feelings and your body
3) Step into the Present Moment and let stress dissolve (in just minutes)

Breathing Awareness Test

1. Find a comfortable place to lay down
2. As you get comfortable, place your hands on your chest and just breathe...
3. Then, place your hands on your belly and breathe...
4. Notice the difference

What did you notice?

If your hands moved when you placed your hands on your chest, your breathing is the exact opposite of what it should be. If your hands moved when you placed your hands on your belly, your breathing is correct.

Next Step

If your hands moved when you placed your hands on your chest, no need to worry (I had the same issue many years ago). It's just a sign that over time, you "forgot" how to breathe from the belly (also called diaphragmatic breathing).

It's easy to correct this imbalance with some simple breathing awareness and intent.
Even if your belly moved when you breathed, you may enjoy the following process.

**Awareness Breathing**

1) Close your eyes and take a moment to get in touch with your body and your breathing...

2) Allow yourself to **feel** your breath in through your nose, into your Heart and then into your belly

3) Then just let go and allow your breath to release, relaxing more with each breath in and out

4) Now feel your belly expand on your next in breath...

   and just let go...

5) Notice how you feel and continue this process - each time focusing more on allowing yourself to feel your breath as it massages your body with each breath in and out

If you've had practice in breathing exercises before, you can still use this process to get in touch with deeper levels of breathing awareness.

If you're new to breathing exercises like this or if you feel stressed in your breathing in any way, take your time and do what feels comfortable and peaceful to you. You should not have to exert any effort with this process.

I hope you enjoyed this simple but powerful technique and I look forward to serving you...

*Peace,*

*Paul Bauer*