

# I AM Breathing...



This is where it all starts...from consciously doing what you have always done unconsciously; consciously doing what comes natural to you; consciously doing what you do every single moment of your life. Breathing consciously, that's all!

Breathing consciously brings you out of your head and down into your body. You connect with yourself; you are present with yourself.

Make the commitment to yourself today, to breath consciously as often as you can.

This exercise takes less than 30 seconds. Yes, less than 30 seconds to do, so there is no way, you cannot find the time to do it! 😊

Even if you just do it once in the morning, once at lunch time and once before you go to sleep, day after day, you will notice the change. It's something you can do in any moment, while you are doing anything. You don't have to be alone, you can be working, you can be in the car, on the train, having a coffee, even in a meeting or watching TV!

This is how you do it...

Gently breathe in, hold a few moments, breathe out.

While you breath in, mentally say I ...

Hold a few moments.

While you breathe out, mentally say **Am ...**

**I ..... Am**

**I ..... Am**

**I ..... Am**

That's all you have to do.

Notice how you feel, notice what sensations arise?  
See how often you can do this today. 🌱☀️

