

Day 10 - Breathing for Balance

21-Day Meditation Challenge <meditationchallenge@chopra.com>

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"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor." —Thich Nhat Hanh

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Deep Breathing
Methods to Improve
Your Well-Being



Welcome to Day 10—Breathing for Balance

Today, we take a closer look at something we all do every day—breathing. Everything that is alive is energized by a force called prana. Prana means energy or life force and, in humans, that life force is the breath.


Whereas most of our breathing is regulated automatically, conscious breathing can completely shift our perception. When we close our eyes and simply witness the breath as it flows in and out of our nostrils, we invite peace and balance into our lives, bathing our brains and every cell of our bodies in energy and vitality.

Our centering thought for today is:

I am one with the breath of life.

We look forward to our time together.

Blessings,

A handwritten signature in black ink, appearing to read "Paul & Jeff". The signature is written in a cursive, flowing style.

MINDFUL MOMENT

Spend some time practicing a more advanced form of conscious breathing. Get comfortable and close your eyes. Begin to imagine the breath as it flows in and out of the nostrils. After a few rounds of inhalations and exhalations, count to five on the inhale, hold the breath for five, and then exhale for a count of five. Do this several times for just a few minutes. After you've completed the exercise, rest for a minute or two, and then return to activity.

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