

CONNECTING THROUGH BREATHING

FOCUSED ATTENTION: use the breath as your anchor

BREATH AS HEALING WIND: helping to clear (feeling obstacles as smoke) and nurturing (feeling the qualities as light)

Inhale/breathing in welcoming all positive and nurturing qualities—you can visualize (picture) the air as (green) light.

Exhale/breathing out getting rid of all negative or obstructive qualities—you can visualize the exhalation as smoke.

Relax finding an inner space where you feel more connected to your 'inner home'.



Alejandro Chaoul, PhD, MBS