



When last did you pay attention to your breath?

Stress is a silent killer. Stress takes your breath little by little.

Why is life so demanding and overwhelming?
Is stress the new norm in our living space?
What is the cost of this phenomenon in your life?

My thoughts: "I have so much to do. Taking time to breathe is just wasting time."

Your wellness in the world you live in is at stake.
Did you know that practicing mindfulness expands the quality of your life as it enhances your relationships with others? Your degree of wellbeing, mental balance, happiness, and integration in your life add to the ultimate quality of life as it unfolds.

Life is a gift. Never take it for granted.

Our life is determined through our breath.
When last did you pay attention to your breath?

Day One

Just bring your awareness to your breath.

Notice how your breath moves in and out through your nose.

Is your breath fast and shallow?

Yes, as you bring your awareness to your breath, notice the need for a deeper in-breath.

What happens in your body now?

What comes to your attention now?

Did you notice that your awareness of the breath has just interrupted your thought patterns?

Good!

What else do you now notice?

As your breath is on automatic pilot, so is your life and the continuous flow of thoughts.

What is the belief that is flowing in now? Catch it!

Is it an uplifting and energy-giving thought, or is it a thought that takes your energy down a little?

Just observe without the need to judge it.

You have just become aware of a split second in the present moment.

You can immediately return to your autopilot into the flow of life as it takes over the next moments, or you can spend a little longer and revise your next course of action with greater awareness. Choosing to live with mindfulness opens up your choice on how you want to show up in your life.

Day Two

Stress on autopilot breaks down the body's immune system. You probably have heard this. You probably know this. What can you do about the ongoing worry thoughts that take over too much space in your daily life?

Bringing in some breathing space connects you to your flow of life within.

My thoughts: "What can I do? Taking breathing space just adds to my stress".

With the past two years of ongoing COVID threat, fear of more health complications has become just another norm to our daily existence.

Have you considered what all the debates and fearmongering are doing to your health? We fear COVID, yet we accept stress as it is and all it brings as a simple fact of life.

How can we bring in some breathing space?

What benefit will that serve?

Let's bring a little awareness back to our breath. Feel its flow in and out. Now take a moment and bring awareness to the flow of exchange in your lungs. As the oxygen is breathed in and taken up in our lungs, carbon dioxide is released in exchange. It is a flow of life-giving oxygen and release of toxins. Bring into your awareness that your life flow equals your oxygen intake.

What has just happened with this awareness?

Yes, you have just agreed to more life by taking in more breath.
Congratulations!

An increase in oxygen creates a healthier immune system. A less compromised immune system leads to greater wellbeing.

What would your next choice to increase health and wellbeing be?

Day Three

Where to from here?

May I suggest a short walk around the garden or any other spacious area?

While you take one step after the other, focus on your in- and out-breath with each step. Feel the breath with the movement of your legs. Just be present at the moment with gentleness and awareness.

My thoughts: "That is so boring."

Stress is exciting. That is why we invite it into our lives.

Notice the thoughts that flood into your mind.

Acknowledge each thought while also acknowledging your choices that come with each of them.

Why would we want to engage in a tedious activity such as being aware of our breath and acknowledging fleeting thoughts?

Now bring your awareness to the air around you. How does it feel?

Is there a breeze?

Is it warm or cold?

What do you see around you?

Is there a colourful flower that catches your eye?

What else are you now coming to your attention?

Feel the emotion that arises in your body now.

Do you now want to bring an awareness of more joy into your life?
Take a few deep breaths and savour the moment.
Allow yourself to be with what is.

Day Four

Mental and emotional wellbeing is on the decline. I assume that we are in the flow of a turbulent river of life and are so focused on staying afloat that we don't have time to notice the beauty in the terrain. If we don't keep afloat, we will crash and die. I call this the river of fear.

My thoughts: "I often just feel irritated, and I don't know why."

Next, I would like to encourage you to stop what you are doing.

Bring your awareness to the sounds around you.

Notice the noises that irritate.

Notice the soothing sounds.

What happens to your breathing when you focus on the irritating noises?

What happens to your breathing when you focus on soothing sounds?

Become aware of your thoughts that come into flow with the irritating noises.

Become aware of your thoughts that come into flow with soothing sounds.

Irritation is not a direct fear. It simply creates tension in the body. What happens to your breath as you tense up? By becoming aware of the irritation, we can deal with a situation long before it reaches frustration and eventual anger.

Day Five

If you are still reading this and engaged in the short little exercises, you may have become curious about what comes next.

Have you noticed that we have only become aware of what is happening within and around us?

Have you judged your thoughts or activities during or after your breathing space? How has this criticism served you?

For me: "I don't think this works for me."

For the next moment, become aware of one of your critical thoughts of yourself.

Take an in- and out-breath with this critical thought in mind.

With your next in-breath, bring in an awareness of compassion and hold for 3-5 counts. Now, with your next out-breath, let go of the critical thought for 3-6 counts. Repeat this 3-5 times. What happens?

Day Six

There is no right or wrong in your awareness. What comes through for you is right for you. The more you judge your non-wanted thoughts, the more they appear. No matter how hard we try, they pop up and follow us wherever we go.

My thoughts: "I just can't do tension in my body anymore."

Focus on your breathing while bringing in a thought you would like to avoid. Please bring it to your awareness and acknowledge its existence. Acknowledge the emotion this thought brings forward. Do you notice a change in your breathing as you acknowledge the thought and emotion for just being what it is?

Trying to step away from negative thoughts is not possible. Each negative belief that is acknowledged deflates the tension that comes with it.

Day Seven

Mindfulness - Paying attention to something in particular on purpose in the present moment, non-judgmentally (Kabat-Sinn)

Did you gain some insights from the previous awareness encounters? Awareness encounters can be used as connection points in our life to disrupting life's autopilot. It only takes a few brief moments of awareness to change our behaviours and moods into our daily routines.

They take up little or no time. Every tiny change creates the potential for greater physical and emotional wellbeing.

My thoughts: "Is this all it takes? Is it enough?"

A little goes a long way. Start small and see where it takes you.

Focus on your breathing while you bring an intention of more breathing space development into your awareness.

Notice the oxygen in-flow and notice how your body takes in the life force that comes in with it while letting go of toxins from your body. Become aware that you can choose more life

engaging opportunities with the incoming awareness of breath and letting go of struggles with each out-flow of breath.

What possibilities open up for you now?

Day Eight

The present moment is the most valuable. It shares all the wisdom from your past and allows you to set up your next future moment.

Each moment of awareness is a steppingstone towards your future wellbeing.

Bring into your awareness the wisdom of the past as it exists in your present moment. Acknowledge this wisdom.

Bring into your awareness a sense of gratitude for this wisdom. After all, you are experiencing your present moment through each breath you take and let go.

What happens when you bring this to your awareness?

Bring a sense of gratitude for your present moment into your awareness that sets up your next moment.

What is coming into your awareness now?

Do you want to join us on a Breathing Space Journey to live life with increased mindfulness?

For more information click the button below.

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