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breathing, exhale, pause, breath, relax, breathe, held, relaxed, inhale, retreat, body, company, engaged, mindfulness, consequential, muscles, accompany, belly, settle, preoccupied

SPEAKERS

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Since the time of the Buddha, breathing has been one of the core Buddhist meditation practices, mindfulness of breathing, there's stories of the Buddha going off on retreat for three months by himself in there in the woods. And before he went off on a retreat, he would say to him, he would say, to kind of quote him, if anybody asks what I'm doing on my retreat, you can tell them that I'm doing mindfulness of breathing. And the breathing is a fascinating topic. area of study, because of how much of our life goes through the has a connection to breathing. Our emotional life connects to our breathing. And depending on what emotions we have, our breathing shifts and changes our forms of expression as we speak, it affects our breathing, and physical activity of breathing. And it's very interesting, go through a day, and watch and see when the breath is held, where it's held in different parts of the body, when it's shallow, when it's deep, when it's fast, when it's slow, and the various things that interfere with the breathing or kind of change it and see the correlation with our breathing with what we're going what's going on with us psychologically or mentally. And it becomes a lot easier to do that kind of study, if you've discovered or been able to find a very relaxed, easy form of breathing or ease for breathing. That just just expands and contracts diaphragm moves up and down quite easily. The belly rises and falls quite easily. So it's very relaxed the breathing. And that relaxed breathing then becomes a standard, which you can see or a reference point, which you can notice when it's no longer easeful when it's held or forced or do something different. And that's a kind of an interesting time to stop and take a look more carefully. I think of mindfulness of breathing as being the great lubricator. And then just simply being aware of your breathing will tend to move it towards equilibrium, move it to be more relaxed, it's hard to for the breathing to be held, if we're aware of it. If we're preoccupied by other things, thoughts and feelings and all that, then it's we're not really paying attention to our breathing, and the breathing can stay held. But if you notice that the breath is held, the tendency is that to relax and really settle. So I want to offer you one little technique around breathing that you might experiment with time to time. To help you kind of find it more quickly, you're kind of relaxed breathing, and also kind of bring you into the world of breathing more quickly. So you kind of really can enter in and stay present and focused in your meditation, just breathing. And that is set yourself when you meditate and is relaxed. Where you much relaxation is you can just do the first minute or so just sit upright, and relax the muscles of your shoulders and your chest and your belly and kind of settle in. And then when you exhale, allow yourself to kind of relax into the exhale, kind of kind of accompany the exhale. So you're really there with it all the way to the end, however long that is. And then in that pause as you come to the end of the exhale, take a moment, don't, don't automatically breathe in, wait, just pause. And until there's a clear kind of body has a clear signal, let's breathe. And it'll happen quickly. You know, it could be you know, half a moment or something, but just kind of rest, they don't hold too tight. They don't hold so much as a rest and wait at the end of the exhale. So you can really be there to notice the beginning of the inverse of that. So the body wants to breathe. There's a kind of a dry motivation because he wants to know wants to read. And then a company the breath, the breath, watch that. What that breath is like, that has called

itself in is not automatic because you've paused likely. That little bit more conscious breath a little more intentional, more engaged way the body is because all he wants to breathe in. And then when you get to the top of the exhale, you might want to wait do this for a while just the inhale, exhale. Then after Got a hang up that, then at some point, do the same with the top of the inhale.

Let there be a gentle pause at the top of the inhale and wait for that little extra urge the body has, you should breathe out now. And that and then let go. And then the exhale. So a little bit more intentional, little more consequential. But more important than just breathing, kind of casually coming and going out of habit. And then accompany that exhale. Now that exhale has a little more importance, because you've paused from exhaling. And to just company all the way out. And the and one of the, there's a couple of things. One is it really engages you with the breath. Because much more interesting and much more engaged. It's not casuals, I kind of like being with the breath kind of Lexa. Basically, to really there, take some effort because it's a pause. But also, some people find it helps the whole breathing apparatus, the muscles or the breathing, to relax more deeply. Because the whole thing can begin to relax. As we hold the breath, from pause, hold it, just pause. As we breathe in, it tends to be a little bit fuller breath company all the way in, going to kind of relax as you open up and feel the whole breath, breathe in, pause, and then accompany the exhale all the way out, letting go relaxing fully as you go out. It tends to kind of create more ease for a relaxed breath. And after a while, you might you can stop doing the pause. Because you've kind of really feel like you're engaged and there's this rhythm of breathing in and breathing out that you're kind of now engaged in and part of and, and moving along with and you're much more focused. So if that seems interesting to you, it might he might try that and see how that supports you and your practice. Thank you