



2 – Minute Mindful Breathing Exercise

Inhale – Exhale – Breathe

Mindful Breathing uses the breath as an *Anchoring Point* and can calm and centre the mind and allow us just to **Be**.

Quite simply when we focus on breathing in and out, we are less prone to focus on our thoughts and more likely to engage our *Spirit* & here's some more numbers!

Interestingly the Hebrew word for Spirit is *Ruah* and it appears **389 times** in the Old Testament.

The basic meaning IS WIND, but it is also taken to mean and can be translated as Breath, as well.

And did you know you have **3 Brains**?

The science proves that deep breathing stimulates the *Parasympathetic System* which is responsible for calming the body and the integral *Vagus Nerve* connects the Brain Stem with the Abdomen.

So, we have 3 Brains – Head, Heart & Stomach - All connected by the Central Nervous System.

Breathing then, &, more importantly how we do it is important to our life and our well-being.

And here's a 120 second Daily Breathing Exercise you can do when and wherever:

- **Make yourself comfortable in your chair** – *Inhabit your space – Relax your posture, but don't slump*
- **Become aware of how your sitting and how it feels** – *What are you sensing and aware of – Your back against the back of the chair – Your feet positioned and connected to the ground*
- **Now, relax your jaw and with your mouth open-wide**, start to take deep breaths through your mouth and begin-to-notice changes that are starting to happen in other parts of your body – *For example, your belly button beginning to rise like a balloon*
- **Then exhale through your mouth** with a quick, but gentle sigh
- **And focus on breathing deeply** through your mouth for the count of **7 and out for the count of 6**, without pausing and repeat... **&**,
- **If any thoughts and feelings arise**, as they will, imagine that they are either a balloon – *Each with a different colour, gently floating away on the breeze – Or, they are gently floating away in a stream that is flowing quietly past you – AND WITH KIND COMPASSION ACCEPT WHATEVER IS IN THE PRESENT MOMENT*

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