

Breath makes us live. But it is also the breath that allows us to connect mindfully with the world and facilitates the recognition of what we feel. It connects what is inside us with what is outside us. Heaven and earth. Feelings and thoughts.

However, we very often forget about the breath, so we have a suggestion for you: Every time you go for a walk or a hike, first stop for a moment

STOP

...and then slowly take five calm, slightly deeper breaths than usual:

- 1 Along with the breath, feel the energy penetrate your eyes - now you see everything keenly and clearly.
- 2 With your breath, feel the energy permeate your ears - now you can hear everything you can hear.
- 3 With your breath, feel the energy permeate your entire body - now you can feel every touch, even the slightest.
- 4 With your breath, feel the energy permeate your nose - now you can perceive all smells.
- 5 With your breath, feel the energy reaching your navel - this is where the centre of energy is, this is where your strength comes from.

Now you can go out into the world. Don't forget about your breath. Create your own personification of the breath - to remember it. The blue creature above is our version, you can borrow it. But it is best to make it your own.

Ordinary magic breath

