

The Art of Conscious Breathing

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Breathing is more than a physical act; it is a doorway into awareness.

Every 30 minutes, pause what you are doing. Close your eyes and take 5 conscious breaths.

Notice the rise and fall of your chest. Feel the air entering and leaving your body.

With each breath, let go of unnecessary thoughts. With each exhale, allow tension to leave.

This simple act can transform your day. It shifts you from doing to being.