Breathing exercise

In this exercise, attention is directed to your own breathing.
The breathing exercise is particularly helpful when your thoughts feel scattered and your emotions intense. In such moments, it is best to focus simply on breathing and calm your emotional state that way.
During the exercise, pay attention to where in your body you feel the breath most clearly and how the air flows in and out as you breathe.
If your attention wanders or thoughts arise, let them pass and gently return your focus to breathing. You cannot fail at this exercise.
If you wish, you can listen to the exercise once all the way through first. Now we will begin the exercise.

Choose a calm place that feels pleasant to you. Closing your eyes can help you concentrate. Bring your attention to your breathing.
Where do you feel your breathing?
In your chest?
In your abdomen?
Or in your throat?

Pay attention to how the air flows in and out. Continue focusing on this for ten inhalations.
Next, we will begin counting the breaths, paying attention separately to each inhalation and each exhalation.
At the same time, we breathe according to the commands “I breathe in ONE” and, correspondingly, when breathing out, “I breathe out ONE.” On the next breath, “I breathe in TWO,” and so on. We count up to ten.

I breathe in one.
I breathe out one.
I breathe in two.
I breathe out two.
I breathe in three.
I breathe out three.
I breathe in four.
I breathe out four.
I breathe in five.
I breathe out five.
I breathe in six.
I breathe out six.
I breathe in seven.
I breathe out seven.
I breathe in eight.
I breathe out eight.
I breathe in nine.
I breathe out nine.

I breathe in ten.
I breathe out ten.

The exercise has ended.