Return to Breath

THE ART OF INTUITION / 3-5 minutes

GUIDANCE

The breath is one of the body’s most natural pathways back to steadiness and presence.

When stress, overwhelm, or emotional pressure begin building, the breath often becomes shallow, rushed, or restricted without us realizing it.

This practice invites you to slow down gently and reconnect with the body through simple awareness of breath.

Rather than forcing calm, you are creating a small moment of pause where the nervous system can begin softening naturally. Over time, returning to the breath helps strengthen the ability to regulate, settle, and remain connected to yourself with greater ease.

GENTLE SHIFTS / WHY THIS PRACTICE HELPS

Slow, steady breathing communicates reassurance to the nervous system.

As the breath softens and lengthens, the body often begins releasing tension naturally, allowing the mind to become quieter and less reactive.

This gentle settling can create more space for clarity, presence, and intuitive awareness to emerge.

Rather than responding from pressure or overwhelm, the body begins remembering what steadiness feels like.

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The Practice

Return to Breath / 3-5 minutes

A quiet practice for moments of overwhelm, disconnection, rushing, or emotional noise.

Create a small pause before beginning.

Sit comfortably or stand with both feet resting gently against the floor. Allow the jaw to soften. Unclench the hands if needed. Let the shoulders drop slightly away from the ears.

Place one hand over the heart, chest, or stomach - wherever the body naturally welcomes contact. Let go of controlling the breath. First, simply notice that the body is already breathing.

Observe the inhale.
Observe the exhale.

After a few natural breaths, gently lengthen the exhale just slightly longer than the inhale.

Allow for softening of the breath, rather than forcing or striving.

You may gently repeat:

> *“Inhale - I am here.*
> *Exhale - I return to myself.”*

Remain here for several breaths or for as long as feels supportive. Let go of internal judgments of the experience. This practice is not about perfect stillness. It is a gentle return to presence, safety, and inner steadiness.

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Reflection & Atmosphere

Return to Breath / A QUIET RETURN

What changes within me when I stop trying to force myself forward and simply return to breath?

After completing the practice, pause for a moment.

Notice what has shifted in the body.

Has the breath softened?
Have the shoulders relaxed?
Has your attention moved inward?

Write a few words in your journal or simply hold the experience quietly.

A FEW WORDS TO KEEP

ATMOSPHERE / OPTIONAL

Optional ways to soften and deepen the atmosphere as you return to this practice. A sensory experience is atmosphere as medicine.

- soft lighting or candlelight
- a quiet room or open window
- loose comfortable clothing
- practiced with tea, morning light, or before rest

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