

Essential Arts Empowerment: Four-Part Breath of Renewal

The Four-Part Breath of Renewal is a basic technique that will bring balance, peace and power to your daily life and deeper practice. It is a complete cycle that mirrors and follows the basic path of all the cycles of Nature from the rhythm of morning, afternoon, evening and night to the seasons of spring, summer, autumn and winter, and even the turning wheel of birth, life, aging, death and re-birth.

To begin, sit comfortably or lie on your back. Breathe deeply into your belly. Let your belly expand, then your chest as you breathe in through your nose slowly, and exhale slowly, letting your belly recede and chest relax. Lengthen the breaths gradually as you release any tension in your body. Begin to hold your breath in briefly; and pause after breathing out, before breathing in again. Feel your entire body and being breathing in the life energy called prana or chi in some traditions, the breath of life that renews our vitality every minute throughout every day. Feel your body and your being releasing any toxins or energy you do not need for greatest well-being.

As you breathe through this cycle, begin to add these intentions:

Inhaling, “I **receive** the gift of the breath of life.”

Holding, “I **rejoice** as it flows through my body and my being.”

Exhaling, “I **release** any energy that does not serve my well-being now.”

Pausing, “I **renew** my center.”

“I **receive** the gift of the breath of life.”

“I **rejoice** as it flows through my body and my being.”

“I **release** any energy that does not serve my well-being now.”

“I **renew** my center.”

“**Receive.**” “**Rejoice!**” “**Release.**” “**Renew.**”

Find a pace that feels right in each moment, even if it changes throughout your practice. Any time you feel you need to take a breath or release a breath, please always do so and let your body return to normal breathing if you feel light-headed. Do not overdo it, even with a practice as seemingly simple as breathing. This is very

powerful energy work and you need to allow your mind time to learn it, and your body to become familiar and at ease with the practice. It only takes a moment to learn the basics, but your practice will deepen and unfold over time.

“I **receive** the gift of the breath of life.”

“I **rejoice** as it flows through my body and my being.”

“I **release** any energy that does not serve my well-being now.”

“I **renew** my center.”

“Receive.” “Rejoice!” “Release.” “Renew.”

Release any tendency to judge whether you are doing it correctly, any trying or analyzing. Just do it, gently, allow the breath to shape your body and enact its healing magic. If you are doing it at all, it is working, you are being transformed and empowered. You may notice emotions or other sensations arise during your breathing practice, and this is fine - just notice them and let them be, without becoming too distracted. Some parts of the cycle may feel easier for you at first. Keep going and you will find a more balanced rhythm, and your body will do what it needs to do in any moment. Breathe through whatever comes up for you, knowing it is all arising for healing and for teaching you what you need to learn. This is a great way to balance out your energy whether you are feeling too much (anxious) or too little (lethargic).

Try to end each session at a point where you are feeling comfortable, peaceful and grateful. You can use this technique regularly to increase health and mindfulness, and when you are feeling stressed and need to re-balance your energy or connect with a deeper or higher level of consciousness and intuition. It can feel like an opportunity to put the clutch in and choose your next direction consciously. The Four-Part Breath of Renewal is a simple technique that can help you begin and end every day in a relaxed state of peaceful empowerment and form a cornerstone of your Essential Arts practice.

Receive. Rejoice! Release. Renew.

And all is well.