

TECHNIQUES IN ENERGY MEDICINE

The Power of Breath

Jesse Bennett

Our breath is truly our superpower. It calms us, soothes our body and mind. Our breath drops us right into the present moment and reminds us that here and now is what matters most. Our breath allows us to turn our gaze inward and tap in to how we really feel.

We can use our breath as a tool to ease worries and stress. It is so simple and soothing, and with a little extra practice it can help us pivot from reactive to responsive. Our breath can also be used to keep us safe when we are practicing yoga, Pilates, or even lifting our groceries. Our breath is the key to keeping us safe, present, and connected from the inside out. Our exhale engages our deepest level of abdominals. Our deep abdominals wrap around to our low back and can be activated with a little extra mindfulness on our exhale. Finding this connection

with breath and body, we become so much more supported all through our day! One of the easiest ways to connect and ignite our core is to focus on our exhale breath. An audible exhale activates our powerhouse and protects and strengthens our back. Cueing this breath on the mat is a great practice of finding it when we step off the mat into our day. In my yoga classes, I always tell my students, if you are focusing on breath you are practicing. It is truly the foundation of all we do.

When I was writing my first book, *The Yoga House*, it began simply around a breathwork meditation. My daughter was having a hard time falling asleep at night- she would lay her head down and her mind would become so busy. I remembered when she was a little baby, I would lay her on my chest and just breathe. Her breath would match mine and we would

feel connected. I wrote a meditation and read it to both my daughter and son for six months; it became our breath work practice, every night.

I have the meditation for you below. It has ebbed and flowed and changed since I first wrote it. I incorporate mantras and bits and pieces from other meditations from my books when I read it at night to my kids now. They often fall asleep before I get to the end!

THE YOGA HOUSE MEDITATION

Breathe with me

Breathe with me like the roots in the trees to the leaves flowing free

Breathe with me like the ocean waves flowing in and out

Breathe with me as the sun rises in the sky and the day wakes

Breathe with me as the birds soar and the grass dances

Breathe with me as the sun begins to set and the moon rises

Breathe with me as you snuggle in my arms

Let your breath soften you

Calm you and bring you the sweetest dreams

You are the sun, the moon and all that is beautiful in my world

Breathe with me and dream big for tomorrow is yours to make great

This meditation is a big part of our nighttime routine. It helps to quiet the chatter and busy mind that so many of us feel when the day unwinds. It has been a way to bring mindfulness into our evenings and both of my kids ask for it as they fall asleep at night.

For both kids and adults, tapping into the breath is such a powerful tool. There is something that happens when we take a deep breath and fill our body with oxygen; when we just pause and hold at the top, and then we exhale and let it go. There is a comfort and peace that helps us come home to ourselves, and then we can truly carry on and step forward into the best version of ourselves at any given moment.

A few of my favorite simple accessible ways to tap into the breath are:

Take Five Breath: For this exercise we motion as if we are giving a high five and trace each finger up and down, inhale to the fingertip exhale down. It gives our eyes a focal point, and our breath a path. High Five breath is very effective for children and adults! I love sharing it when I visit schools or in children's yoga. I often find the teachers joining in and using it as well!

Hot Air Balloon Breath: This is so simple and feels great! Simply turn your palms to the sky, inhale the arms up then turn your palms down and exhale. This breath is grounding, and soothing. We often do this in my family. I love to start and end my Pilates and Yoga classes with this breath.

Finally, another technique that I love to use in classes and with my kids is to **rub my hands** together until they feel nice and warm, then allow them to **expand open as I inhale and exhale as they come back together**. It is a great way to feel the expansiveness of our breath and breathe big and deep.

There are so many ways to add mindful breathing practice into our days. Each moment is an opportunity to tune in and connect to our greatest superpower. Our breath can help us begin again, feel refreshed, and energized. The more we connect to this amazing tool the better we feel in both body and mind. 🌀



Learn more about the author Jesse Bennett by visiting <https://www.jessebennett.co>