

What is Conscious Breathing?

Conscious breathing is the easiest way to get in touch with your body. It simply involves staying conscious of your in-breath and out-breath; very similar to focused meditation.

How can I practice it?

This practice can be split into the following three levels to make it easier and more manageable:

Level 1:

Simply focus your attention on the sensation of air caressing the tip of your nostrils as you breathe in and breathe out.

Level 2:

Take your attention inside your nose and feel the air caressing the inside of your nose as you breathe in and breathe out. Notice how the air feels cooler when you breathe in and warmer as you breathe out.

Level 3:

Follow your breath all the way through, from the tip of your nostrils, through your windpipe, and within your lungs. Hold your breath for a few seconds and feel your inflated lungs. Similarly when you breathe out, feel your lungs deflate and the warm air going out of your system.

This method of following your breath all the way is known as *Anapanasati*, which is a meditation technique originally taught by Buddha.

If you are a beginner, start with the first level and practice it for a few weeks. You can then progress to the higher levels, as you start to feel more comfortable.

During practice, naturally your attention is pulled towards your inner thoughts. This is perfectly natural. Whenever this happens, bring your attention gently back to your breath.

This process of bringing your attention back over and over again will help develop your conscious mind and over time, you will not be affected and controlled by these thoughts as much.

We hope that this provides you with an introduction to conscious breathing and can be a useful tool to help you de-stress during this busy time.