

## PLEASURE OF BREATH ~ BODY MESSAGES

Lets take some moments to tune in, to connect with our bodies, with ourselves. Always let your awareness be soft and undemanding.

Find a comfortable seat. You may want to lie down. And if so, put some pillows under your knees and neck maybe. Feel your spine and back elongated, and let the back of your body land and sink onto the ground. You can close your eyes or keep them open with a gently gaze. If you are seated, feel your feet on the ground and your buttocks supported by the chair. Your back is also supported, by the back of your chair. Whether you are sitting or lying down, FEEL the weight of your body resting on the Vast body of the earth. (Our bodies are of her body.)

You can move your head to relax your neck, Allow your shoulder blades to slide down towards your spine into the center of your back. Your shoulder blades support and hold your heart. Allow the top, the crown of your head reach for the sky.

Soften your belly and start to relax as much as you can the pelvic floor. Soften your face, your mouth, your tongue, your lips, all those talking muscles are getting a break, relax your eyeballs, widen the space between your eyebrows, soften your forehead and even your ears are relaxing and your earlobes are gently drooping down. Relax your arms, let your elbows drop to the floor and allow our hands to rest. ALLOW yourself into the space of NO Demands of yourself whatsoever. Allow yourself to sit in your experience.

Bring your awareness to your breath and follow your breath as it is flowing in and out without any of your conscious effort. Surrender to the exquisite tenderness of your breath, to the texture, the sound, the rhythm of your breath. Notice how there is a pause after every exhale before the next inhale begins and a pause after each inhale before the next outbreath happens. Ask What pleasure do I feel in breathing?

Explore your body with your breath, create space and expansiveness into every little nook and cranny of your body. Be curious about what's happening in your body right now. You can imbue your breath with any texture or quality you crave.

Is there any place in your body that is calling for attention through any sensation of either pleasure or discomfort? Put a hand or both of your hands there. IF this is physically not possible, imagine that you place your hands on that part of your body. Take your time. Feel the warmth and weight of your hands on your body. Maybe feelings, thoughts, images are arising. Allow them to surface, allow them to be.

If this part of your body could speak, what would it say, what would the message be?

Before we are breathing ourselves back into your space, take 2 or 3 full deep breaths breathing with deep compassion for yourself. Breathe with deep inner compassion for yourself.