

The Power of Your Breath

By Kyla Tustin

When was the last time you focused on your breath, the quality or depth of your breathing or simply and mindfully allowed this wonderful life force to completely fill your being with energy, focus and relaxation?



Don't worry you are not alone; as the roles and expectations in our lives multiply and the time in our day seems to disappear many have forgotten how to breathe correctly and enjoy the connection this element brings to our inner and outer worlds. Yet, breathing in a deep, extended and rhythmic motion leads to wellness, greater health, relaxation and a deeper sense of mindfulness and presence within our lives, as we start to focus on those sacred moments between our breaths.

Breathing exercises don't need to be difficult to be effective. We can breathe at our desk at work, within meditation and yoga practices or outside walking in nature, simply by opening and filling our lungs and our core with this vital flow and energy of life. As we let go of the chaos and noise that surrounds us and focus on the stillness of our breath as it fills our cells and every part of our being, we are given a moment to centre and know we have exactly what we need to move forward in our busy days.

It is through breath that our body and life is sustained and our mental, physical, emotional and spiritual self are able to flow with greater ease. Breath is so powerful as brings us back in touch with our body, who we are and what we are feeling. It can also help us to release any of the emotions or limitations within our lives that are stored and blocked within our body and our energy.

Here is a simple daily exercise you can practice and notice and feel the change within your life. Spend a couple of minutes a day focusing on your breath and as you do breath in, imagine you are breathing in divine joy, love and the limitless flow of energy into your life. As, you breathe out, feel that you are releasing any fears, doubts or limitations that are holding you back from living the life of your dreams. This conscious breathing brings stillness, clarity and allows a moment in our busy lives to stop, go within and fill our mind and body with new life and a connection to all that is.

I truly believe the more we oxygenate our body and fill every cell with the healing power of air through our breath, the healthier and more vibrant our lives will be.