

# Connecting with the Power of AIR

## ASSIGNMENT FOUR – Breath Deep

Part of connecting fully with air is to recognize the power of breath. This exercise will make you aware of your breath, and help you connect to the benefits of deep breathing, while opening you to the magick of the air we all share.

- 1 Lie on your back with a pillow under your knees, or sit comfortably in a chair or on the floor in a place you feel safe and comfortable. Place your right hand over your heart center, and your left hand on your abdomen.
- 2 Close your eyes and begin breathing slowly and deeply. Turn your attention to your breathing and as you inhale, count slowly to three. Feel yourself fill up deeply with air, and hold it for a count of three. Exhale slowly to a count of three, fully releasing the air from your being.
- 3 Repeat the process, keeping your attention focused on your breathing and connection to all that air embodies. With each inhalation, you take in refreshing, rejuvenating, mentally stimulating powers of air nourishing every particle of your being. With each exhalation, you release tension and impurities from your body. Feel yourself becoming clearer, lighter and free. Do this exercise as long as you want.

Throughout your day, be conscious of your breath. Stop periodically to reconnect with your breathing. Notice how the air moves through you in everything you do.

