

## Three Mindful Breaths to the Rescue Meditation

Taking slow and deep breaths can calm our bodies and quiet our minds. It would be wonderful to live life more mindfully - to be focused - to not be overwhelmed with our emotions - to let go of the past that cannot be changed - to stop worrying about the what ifs of the future that are outside of our control.

Now I invite you to sit erect and to take three slow and deep breaths with me. When we inhale, we will breathe in through our nose deeply filling first our lower lungs and then our upper lungs for about six seconds. When we exhale, we will breathe out through our mouth emptying first our lower lungs and then our upper lungs for six seconds. Now take the first breath with me. 1) Inhale. Now exhale. 2) Now inhale. Now exhale. 3) Now inhale. Now exhale. Allow yourself to feel calm and relaxed.

As you take calming and relaxing breaths, visualize doing this throughout the day. If you are having to patiently wait - take three mindful breaths. If you become irritated or angered - take three mindful breaths. If you begin to ruminate - take three mindful breaths. If you need to focus on a task - take three mindful breaths.

Now I want to share a secret that can strengthen the power of three mindful breaths. You can attach a short mantra to each breath to empower you.

Now visualize you are experiencing a conflict with another person. Visualize taking the first breath while saying to yourself: I AM PATIENT. Take the second breath while thinking: I AM UNDERSTANDING. Take the third breath thinking: I HAVE PEACE OF MIND AND WILL NOT SURRENDER IT.

Now visualize you are worrying about some future event. In your mind see yourself taking the first breath thinking: I AM SAFE AND MY LIFE IS NOT THREATENED. Take the second breath saying to yourself: IF I CAN'T CHANGE IT, I WILL LET IT GO. Take the third breath thinking: I WILL DO SOMETHING THAT IS NOW IN MY CONTROL. Repeat this for as many times as needed to experience calm and peace of mind.

You are capable and can come up with short mantras to do different things. You can create three mantras for eating mindfully, three for managing your anger, three to forgive and let go of bitterness, three to find your voice and assertively speak your mind, or three mantras for anything you wish to work on changing. Just do one at a time.

You can enlist your three mindful breaths like a rescue dog. The advantages are you can take your breaths anywhere you are allowed to breathe. People will not stare at you since breathing is almost invisible. There will be no vet bills, and your rescue breaths will never pee on your carpet. The only thing you need to do is to develop a habit of taking your breaths with you where ever you journey. Remember to focus on one area until it becomes a habit. Now take three slow and deep breaths as we end this exercise.