



Video Transcript

Beginners Breathwork For Inner Peace

Hi, I'm Ariana, and today we're going to be walking through a super short and simple breath practice. For those that are new to meditation, perfect, lovely. We're going to talk about what it is, and for those that are just coming back to have a quick little moment to ground themselves, to center themselves, I love that too. I'm happy we can all be together. So if you are new to meditation or you are new to breath practice and you're just kind of dabbling, jumping in for the first time, I will tell you right now that what's not going to happen is that your mind is certainly not going to turn off. We have between 60 to 80,000 thoughts a day. You're thinking right now as I'm talking, I know. And so it's very normal that as we start breathing and as we get into this practice, you're going to think. You're going to think about what you eat for lunch, what alpha you need to do, that text message you need to send, blah, blah, blah, blah, blah. And that is okay.

That does not need to stop. But in that moment where we practice breath, we practice our awareness, our awareness of thinking, and then without judgment, bringing ourselves back to the sensation of our body breathing. So we sit, inhale, and breathe. But then, oh, I had a thought, oh, I should have texted so-and-so. Awareness turns on, boop, that little light. And then without judgment, that's the biggest.

hardest piece of this practice, especially for those that have practiced a while. So not saying like, oh, geez, I shouldn't have been thinking, or I can't believe I'm doing this wrong, or I can't believe that I can't focus this long. That is okay. Drop that. No judgment. Thought, breathing in my body. Oh, another thought, breathing in my body. And that distance from thought to breath, every time you do that,

It's sort of like taking a mental bicep curl. We're strengthening the awareness mechanism of our brain to bring it back into that grounded, centered piece of ourselves. And this will show up in so many other ways so that we don't let these external thoughts or emotions have such a control over our bodies and our minds. We can really sit and view.

what it is that we're thinking about, what it is that we're feeling from a farther lens, a farther view, and go, huh, what is that? Let me explore it and come back into my body breathing. You didn't need to write anything down. You didn't need to take notes. You're totally fine. Let's just get into it because the best way to learn is by doing. So get a comfortable seat. You can lie down if you want.

i am going to probably recommend that you do stay seated for this one unless you truly truly need it for your back or for your physical body but get a comfortable seat couch is perfect a chair is perfect at your desk is perfect you can even use this during the work day if you need to break up all the craziness get a comfy seat take your palms place them down in your lap make sure you're sitting with a spine that is upright but not uptight and then close your eyes

In this moment, it's what we call the discipline of arriving. So letting ourselves step into the practice right here in this quiet space, in this moment. And just simply feel what it feels like to breathe right here, our natural breath. And to shed the layers of the day, the layers of our experience, the layers of what we're holding on in our mind. We'll open this up with three deep breaths, breathing in the nose and exhaling out the mouth.

Inhale and out. Inhaling and exhaling. Inhaling and exhaling. And then slowly shifting the breath back to its natural pace, natural resting rhythm. This is gently in the nose and out the nose. As we breathe, there's no need to change or fix or manipulate our breath.

Doesn't need to be too sharp or too long or this or that. No, just resting in the breath. Following what feels good. That rise and fall. The mind follows a cool breath in and a long warm breath out. Expansion and deflation. And as simple as that, we just explore that sensation, that ease of inhaling.

And exhaling. You notice the mind begins to wander. Try to change or fix or judge. It's okay.

We're here. Come back. Resting in the breath. Inhaling her. And exhaling out. The rise. And fall. Slowly when you're ready, start to deepen your breath with a little bit more intention.

bigger through the nose, and exhale out the mouth. On that next one. When you're ready, gently flutter the eyes open. Thank you so much for sharing this practice with me.