

Breathing by Numbers

From “*How Now - 100 ways to celebrate the present moment*”, by Raphael Cushnir

Your breath is a direct connection to the Now, and to life itself. Although you ordinarily think of yourself as an independent individual, every inhale and exhale is a literal bridge between what’s within you and what’s outside you. The more aware you grow of your breathing, the more robust that bridge becomes.

The Practice

Breathe naturally, at your own pace, and count your breaths up to ten. Sounds simple, right? Yet most likely you’ll lose track many times along the way. This happens to almost everyone. It’s a function of our wandering minds. When it does happen, begin again without frustration or worry. Counting your breaths is not a game to win or a skill to master, but rather an opportunity to grow. Growth happens in its own way and at its own rhythm.

Perform this practice when you wake up, on your way to work, and at any other time you’re not otherwise occupied. Once you’re able to keep track of ten breaths, try increasing your count to twenty.