

## Wonderful Moment

I have a breathing exercise that I would like to offer you. I'm sure that if you follow this exercise in difficult moments, you will find relief.

Breathing in, I know I am breathing in.  
Breathing out, I know I am breathing out.  
Breathing in, I notice that my in-breath has become deeper.  
Breathing out, I notice that my out-breath has become slower.  
Breathing in, I calm myself.  
Breathing out, I feel at ease.  
Breathing in, I smile.  
Breathing out, I release.  
Breathing in, I dwell in the present moment.  
Breathing out, I feel it is a wonderful moment.

These verses can be summarised in the following way:

In, Out  
Deep, Slow  
Calm, Ease  
Smile , Release  
Present Moment, Wonderful Moment

First we practice "In, Out". Breathing in we say, "In", silently, in order to nourish the awareness that we are breathing in. When we breathe out, we say, "Out", aware that we are breathing out. Each word is a guide to help us return to our breathing in the present moment. We can repeat, "In, Out", until we find our concentration is peaceful & solid.

Then we say "Deep" with the next in-breath & "Slow" with the next out-breath. When we breathe consciously, our breathing becomes deeper & slower, more peaceful & pleasant. We continue to breathe "Deep, Slow, Deep, Slow" until we want to move to the next phrase, which is "Calm, Ease".

"Calm" means we calm our body; we bring peace to our body. Breathing in, I bring the element of calm into my body. If we have a feeling or an emotion that makes us feel less peaceful, then calming means to calm that feeling or emotion. Breathing in, I calm my emotions. Breathing in, I calm my feelings. When we breathe out, we say "Ease", which means being light, relaxed, feeling that nothing is as important as our well-being.

When we have mastered "Calm, Ease" we move to "Smile, Release". When we breathe in, even if we do not feel great joy at the moment, we can still smile. When we smile,

our joy & peace become even more settled, & tension vanishes. When we breathe out we say "Release". We release what is making us suffer - an idea, a fear, a worry, anger.

And at last, we return to "Present Moment, Wonderful Moment". "Breathing in I dwell in the present moment. Breathing out, I feel it is a wonderful moment." Remember, the Buddha said that the present moment is the only moment when life is available to us. So in order to touch life deeply, we have to come back to the present moment.

Our breath is like a bridge connecting our bodies & our minds. In our daily lives, our bodies may be in one place & our minds somewhere else - in the past or in the future. This is called a state of distraction. The breath is a connection between the body & the mind. When you begin to breathe in & out mindfully, your body will come back to your mind & your mind will go back to your body. You will be able to realise the oneness of body & mind & become fully present & fully alive in the here & now. You will be in a position to touch life deeply in the moment. This is not difficult. Everyone can do it.

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