



Transcript for the Six Sides of the Breath Audio

(Speaker: Deirdre Fay)

Anybody who's had a difficult life will find that their breath gets shortened and contracted. It's an inadvertent trying to control life circumstances. It also happens that the breath gets tangled up when a whole slew of thoughts, feelings, and reactions that are going on all the time.

This becomes the norm, feels hard to shift it. It's also hard to turn our attention inside, to notice a breath when we feel like there's so much going on inside. So this practice is about slowing it down and bringing the attention to simple things about the breath so that it becomes more comfortable over time.

One of the things about the breath is it's like a dial to turn up emotions or internal experience. And we can also turn the dial down if there's too much going on, but we have to be able to learn to do this consciously instead of letting our body do it unconsciously in the way that it learned. Now, if you train yourself to use that control valve to your advantage, you don't have to be flooded by life.

And you don't have to be shut down and depressed. You'll learn the capacity to take a small amount of feeling in, allow the body to take in what it can and process it, and keep the rest at bay.

What you'll find is that you can use your breath to slow down what's overwhelming, or use the breath to bring up sense of joy and vitality that you want. So let's try a bit of breath awareness together.

Take a moment and notice the pattern of your breath right now. Not trying to change it or do it right or do anything with it. Just notice what's already there.

Where is it in your body?

Do you feel connected to the breath or feel a little disconnected? Again, it's not about trying to do it right, it's just about noticing what's already there.

Deirdre Fay

So when the next breath just is automatically taken in, notice what happens. The breath flows through our nostrils and into our lungs.

And wherever in your body, that breath seems to be, focus your attention lightly there.

The breath has six sides to it, a front and a back, left and right and a top and a bottom.

See if you can isolate each of the sides of the breath.

For the moment, focus your mind on the front and the back of the breath

Front of your body, the back of your body. And letting the breath move between the front and the back, noticing how the breath expands in the front and in the back without pushing or pulling or making any of it happen.

In fact, you'll probably notice how it just happens automatically as you turn your attention there.

It's expanding like an accordion.

Now bring your mind's eye to the movement of the breath side to side.

Bringing your mind's attention there to your body and noticing how tension naturally happens. Might just be a small little movement might be larger, whatever way it is, just trust it. Letting go of any effort around it

And then shift your attention to breathe top to bottom, sort of like you're on the vertical plane there, along your spine, breathing in and out.

Now, see if it's possible to do all six of the directions at once. Front to back, side to side, and top to bottom

It's almost like a balloon here, letting the breath in, expanding a balloon, then letting go

And as you're breathing in, feeling the breath flowing in and moving gently, front to back, side to side, and top to bottom, invite in a sense of calm energy.

Deirdre Fay

Maybe bringing with it a sense of light.

And do this as easefully and gently as you can.

And continue doing this as long as it's comfortable. And then throughout the day or days ahead. As you notice what happens, noticing what happens while you're doing it and afterwards

And then as always, I like hearing what happens to you. So, drop me a note or post something on the blog and let me know, so I can keep up with you as well.