

The Breath is your Friend

In this joyous season of the year there is an abundance of giving and receiving. It's festive! And we all know how stressful it can be. How can we enjoy the season and feel gratitude for all that we are receiving, giving and sharing with others? Try remembering that releasing stress and embracing joy is only a breath away!

Pause, take 2 or 3 breaths with awareness. Notice how it creates a space inside and helps you to shift. Now you can choose how you want to be present in that moment. Do you want to move toward distraction, confusion, grasping or toward clarity, ease, generosity? Being aware of your breath is a simple, portable tool. Like a good friend it guides you to where you want to be in yourself.

You can also take 2 or 3 Sounding/Ujjayi breaths. This is especially potent, particularly when you have been practicing the Sounding/Ujjayi breath regularly. The sound happens inside. It helps you to shift from the superficial you to the deeper you, where *nothing is lacking*. [Read](#) what students say about practicing the Sounding/Ujjayi breath.

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Addie Alex
Light of the Heart Yoga TM