

***Self-Care Breath* from Senses of the Soul by GuruMeher Khalsa**

This breath practice will raise your energy level, which is needed to counter Shame's debilitating force. This practice brings strength and cleansing.



- a. Open your mouth and form a circle that is tight and precise. Place your hands crossed over the Heart Center, right hand over left. Close your eyes and sense the area under your palms. Breathe a steady, powerful breath where the exhale is like the burst of a cannon, flowed by an equally strong inhale through the mouth. Let your mind focus on the tight ring of the lips that shapes the breath. Continue for 5 minutes.
- b. Inhale. Relax the mouth while holding the breath as you mentally repeat: “I am beautiful. I am innocent. I am innocent. I am beautiful.” Exhale through your nose. Repeat a total of 5 times. Then relax.
- c. Slowly return to your everyday awareness. Use Self-Care breath any time you need to get right with yourself.