

Calming Breath Practice

Box-Breath / 4-4-4-4

The 4-4-4-4 Breath, also known as box breathing, is a simple and powerful practice that helps calm the nervous system, quiet the mind, and bring the body back into balance.

To begin, gently inhale through your nose for a count of four, hold the breath for a count of four, slowly exhale for a count of four, and then pause again for a count of four before beginning the next breath.

In each pause notice the spaciousness as you hold your breath. **In the pauses**, you connect to the *Quantum field.. to All That Is.*

As you repeat this rhythm, your body begins to soften, your thoughts slow down, and your energy becomes more centered.

This breathwork practice can be used anytime you feel anxious, overwhelmed, scattered, or disconnected, helping you return to a place of inner peace, presence, and calm awareness.

This breath is a great beginning to a meditation practice as it assists in bringing you totally present.