mental To hyperal expresse to bring us to a greater, awareness of our breathing to influence of to increase health

I'll start with the guidelines. Then I'll share an expanded version, with commentary, interpretation, and additional teachings. You can always discover new layers of meaning and application.

The basic outline as Thich Nhat Hanh teaches it goes like this:

AWARENESS OF BREATHING

- I Breathing in, I know
 I am breathing in.
 Breathing out, I know
 I am breathing out.
- 2 Breathing in, I notice my breath has become deep.

 Breathing out, I notice my breath has become slow.

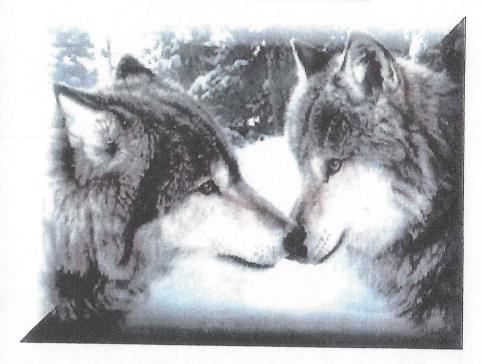
 [slow]
- 3 Breathing in, I calm my body [calm]
 and my mind. MANTOA
 Breathing out, I feel at ease. [ease]
- 4 Breathing in, I smile. [smile]
 Breathing out, I release. [release]
- 5 Breathing in, I go back
 to the present moment.

 Breathing out, I know this
 is a wonderful moment.

 [wonderful moment]

"pause breathe smile" by GARY GACH

TWO WOLVES



One evening an old Cherokee and his grandson were sitting under a full moon as they heard wolves howling in the night. He said to the boy, "My son, there is a great battle between two wolves who live inside each one of us.

One wolf is Evil. He thrives on the energy of anger, self-pity sorrow, pain, resentment, regret, envy, jealousy, lies, greed, guilt false pride, superiority, and ego.

The other wolf is Good. He thrives on the energy of joy, peace love, hope, serenity, humility, kindness, benevolence, empathly generosity, truth, compassion and faith."

The grandson watched beautiful white clouds drift past the moon as he thought for a while about what his grandfather had told him Then he asked, "Which wolf will win the battle in me?"

The old Cherokee simply replied, "The one you feed."