

The Revolutionary Love Learning Hub

“What does it mean to breathe?”

Breathe Transcript

Recording by Valarie Kaur, 2021

This is how I am defining what it means to breathe: Breathing is the practice of taking conscious deep breaths. It is also the act of creating enough space in your life to slow down and care for your body, your mind and your spirit.

Are you breathing today? Are you breathing this moment? Are you breathing before the next push? is another way to ask yourself if you are putting life and wellness into your body.

I want to spend a moment thinking about the literal act of breathing. When we breathe in, we're giving our body what it needs. When we exhale, we send out what we no longer need. When we pay attention to the in and out—the let it come and let it go—when we pay attention to that kind of rhythm, our minds are called to the present moment. Not the past, not the future, just here and now. Let it come. Let it go. Breathing creates the space and time to be present. Present to emotion, present to sensation, present to surroundings, present to one another, present to ourselves.