

Practice is purposeful activity that creates change

4 * 7 * 8 Breathing



Inhale for 4 * Hold for 7 * Exhale for 8

- Find a comfortable seat, sitting up tall with your spine straight, shoulders relaxed
- Take a deep breath in and out, making a commitment to your practice
- If it feels comfortable, close down the eyes
- Inhale through your nose for a count of 4
- Hold the breath for a count of 7
- Exhale slowly through your mouth for a count of 8 – make an audible "whoosh" sound as you release the breath
- ✳ You can start with a shorter count of 3 – 4 – 5 and gradually work your way up
- To close your practice, release control of the breath and allow it to settle into its natural rhythm
- Take a moment to notice any sensations within the body and mind



Pregnant women should not hold their breath and people with high blood pressure please talk to your health care provider before this practice

Raise Your Vibration

with Mindful Practices

Set healthy boundaries.

Setting boundaries is an act of respect and self love

Do your best.

Your best will change from moment to moment ~simply do your best with patience and grace

Take nothing personally.

Nothing others do is because of you. What they say and do is a projection of their own reality. When you are immune to the opinion and actions of others, you won't be the victim of needless suffering.



Assume nothing.

Find courage to ask questions and express what you really want. Communicate with others as clearly as you can.

Let go of any outcome.

Do not force an outcome. You are free to show up as your authentic self, knowing you have done your best.



Many of these practices come from The Four Agreements by Don Miguel Ruiz

