

Inner Listening Breathwork Practice

Objective: To cultivate deep inner awareness by focusing on the breath and heartbeat.



Preparation

1. **Find a Quiet Space:** Choose a comfortable and quiet environment where you won't be disturbed.
2. **Assume a Comfortable Position:** Sit upright in a chair or on the floor with your spine straight and shoulders relaxed.
3. **Close Your Eyes:** Gently close your eyes to minimize external distractions.



Breath Awareness

1. **Begin with Deep Breaths:** Inhale slowly through your nose, allowing your abdomen to expand. Exhale gently through your mouth, letting go of tension. Repeat this for a few breaths to settle into the practice.
2. **Focus on the Sensation:** Bring your attention to the sensation of the breath entering and leaving your nostrils. Notice the coolness of the inhale and the warmth of the exhale.
3. **Deepen Your Breath:** Gradually lengthen your inhales and exhales, maintaining a comfortable rhythm. Aim for a 4-second inhale and a 6-second exhale, as recommended in paced breathing techniques .



Heartbeat Connection

1. **Place Your Hand on Your Chest:** Gently place your right hand over your heart. Feel the natural rhythm of your heartbeat.
2. **Synchronize Breath and Heartbeat:** With each inhale, imagine drawing breath into your heart space. With each exhale, feel your heartbeat becoming more pronounced. This synchronization is a core aspect of Heart Rhythm Meditation .
3. **Deepen the Connection:** As you continue, notice any shifts in your emotional or physical state. Allow yourself to be fully present with the sensations.

Integration

1. **Maintain the Practice:** Continue this focused breathing and heartbeat awareness for 5–10 minutes. If your mind wanders, gently bring your attention back to your breath and heartbeat.
 2. **Reflect:** After the practice, take a moment to reflect on your experience. Notice any changes in your mental, emotional, or physical state.
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