

Breathe, Just Breathe

By Monica Lombo

Breathe.

Just breathe.

What does the future hold for you and me?

For sure, some uncertainties.

What does the present hold for us all?

A day filled with some activities scheduled in advance, and some uncertainties.

So, just breathe.

Right now, in the wee hours of the morning, I am telling my soul to do so. In fact, I'm inviting my soul to breathe peacefully, with no rush or tension of any kind. I'm just allowing myself to breathe smoothly and rhythmically before my day starts. Before it turns into a hundred different tasks and chores at hand. Before driving on the 403, one of the busiest highways in the world. Before trying to meet the demands of everyone around me. Before juggling phone calls, and texts, and emails. Before all that, breathing consciously is essential, indispensable, absolutely necessary for me.

During most of my adult life, my breathing has been shallow, superficial, almost imperceptible. I've been breathing just enough to get going, to keep on running from one place to another, to survive one more task at a time.

It was as if I needed to breathe but be quiet. Be silent. Unperceived. Breathing just enough to not disturb others with my presence, just enough not to bother reactive people around me, just enough not to irritate the irascible, the short-tempered, the ones with anger management issues, like my father.

Until some time ago, when I truly realized how crucial it is to breathe deeply, profoundly.

I had already learnt about the importance of breathing properly during the many radio

hosting workshops I attended in my life. Belly breathing is essential for projecting one's voice in order to captivate the audience. But after all those countless sessions, I just forgot to breathe deeply and consciously again, until I started my yoga practice. Everything changed since then.

Over and over, I've been reminded about the importance of breathing properly.

Boldly.

Do I do it often? Well, more often than before, that's for sure! And I'm absolutely delighted I have incorporated this new habit into my life.

So now, please let me invite you to breathe with me. Breathe to let go of the need to control every single detail in our lives, to immerse ourselves in peace.

Breathe to release the anxiety that's desperately trying to keep our soul captive. Breathe to set our soul free from unease. Free indeed.

Breathe to set loose the oppression that pushes us mercilessly to the edge of the cliff when we categorically want to know all the answers about our future.

Breathe to turn loose the desire to please each and everyone that's currently causing so much harm inside of us.

Breathe consciously and deeply, and maybe count to six.

And every morning, I invite you to declare with me, "Breathe, just breathe! Be yourself; be bold in spite of adversities, be brave in the face of uncertainties. And, if necessary, start all over again, my friend."