

Honoring Your Body by Building Awareness

Reflection for 12/23/20

The body's connection to mind and spirit can be a practice. What I mean is, that through building awareness of our breath and tuning into our body in moments throughout the day, we can build health by noticing. Cultivating awareness of breath is a powerful, accessible, and available means to connect. After all, the word for breathing is *inspiration*.

Developing a breath practice, for example, by simply noticing your breath while walking, running, praying, cooking, petting your dog or cat, talking with someone (phone, Zoom, etc....doesn't matter), working, really any activity, can bring a greater sense of ease, lower blood pressure, guide healthier choices, decrease worry, and build relationships. Now, why does this matter? If you are a human on earth, preCOVID or present, you may be living your daily life doing everything you can to tune out, rather than in. It's not about blaming yourself, it's simply a reality of how our world operates now. And yet, if we want to build overall health and live a life according to what really matters to us, we can choose. Choice, however, requires not only often shifting perspectives, but noticing, and noticing takes tuning in. In her 2010 book An Altar In The World, Barbara Brown Taylor calls the practice of paying attention *reverence*. She says,

"The practice of paying attention is as simple as looking twice at people and things you might just as easily ignore. To see takes time, like having a friend takes time. It is as simple as turning off the television to learn the song of a single bird. Why should I imagine doing such things? I cannot imagine--unless one is weary crossing days off the calendar with no sense of what makes the last day different from the next. Unless one is weary of acting in what feels more like a television commercial than a life. The practice of paying attention offers no quick fix for such weariness, with guaranteed results printed on the side. Instead, it is one way into a different way of life, full of treasure for those who are willing to pay attention to exactly where they are."

For a new bestselling resource on the breath, check out journalist James Nestor's 2020 book Breath: The New Science of A Lost Art.

[Yoga – Estelle Brodeur – Life Coach in Richmond, VA](#)