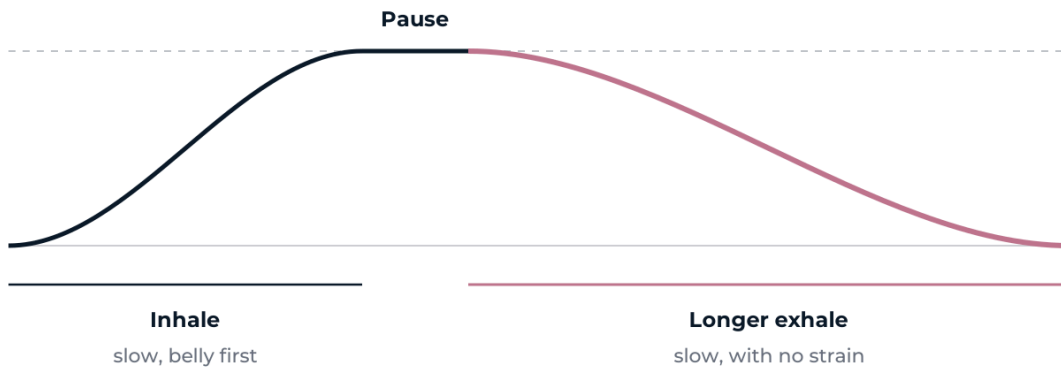


One Deep Breath

Kindred Heart Collective · Oct 20, 2026



The out-breath runs a little longer than the in-breath



A single slow breath can signal to your body that, right now, there is a little more room.

Time: about 30 seconds

The Practice

1. Let your feet rest on the floor, or let your body be supported by the chair or bed beneath you.
2. Breathe in through your nose, slowly, as if you were filling the lower part of your belly first.
3. Pause for a moment at the top of the breath without straining.
4. Exhale slowly through your mouth or nose, letting the out-breath run a little longer than the in-breath.
5. Notice what is different, even slightly, before you do anything else.

Why It Helps

A longer exhale tends to support the body's shift toward settling. One breath will not fix anything, and it does not need to. It is a doorway back into the present moment.

If Breath Focus Feels Uncomfortable

Keep your eyes open, look around the room, and rest your attention on something steady, like the feeling of your hands on your lap or the surface beneath you.

Reflection

- What did I notice in my body before the breath? What do I notice now?
- What felt even 1 percent easier, softer, or more spacious?
- Where in my day could one breath like this fit?

There are no right answers. "Nothing really changed" is a complete and honest reflection.