

BREATHING AND METAPHOR

Even though breathing is a huge metaphor for my interaction with the world around me, I can love and forgive myself

Even though the act of breathing in and breathing out can be a huge metaphor for how I perceive the world around me, I can love and forgive myself

Even though the act of breathing can have several levels of meaning, I can still love and accept myself
Breathing is about oxygenation

I breathe in oxygen, a key element for the proper functioning of my body
My body takes exactly what oxygen is needed
And eliminates carbon dioxide and other waste materials
Breathing is a means of taking in oxygen
And releasing toxins
Breathing happens on a physical level via the respiratory system
“Breathing” also happens on a cellular level
Processes in each cell of my body require oxygen and produce carbon dioxide

I want to be over breathing on all of these levels

The exchange that happens during breathing
Is a direct interaction with the world around me
Breathing in is an act of allowing
Expanding
Taking in
Inviting
Opening up, acknowledging a need
Absorbing what is needed
Accepting

I want to be completely, 100% over all these levels
of meaning associated with breathing

With every exhalation
I interact with the world around me
Breathing out is letting go
Releasing
Allowing what’s no longer needed to flow out
Allowing what’s no longer beneficial to pass through
Recycling
Giving back
Uninterrupted flow

Somehow I will be completely, 100% over all these levels
of meaning within breathing

Breathing is a means of interacting with the world around me
Is it safe for me to breathe in deeply
Is there enough air to go around
Will I always have the amount of oxygen that my body requires
Do I trust my body’s ability to metabolize
Will my body absorb all of what’s needed
Do I really recognize what’s no longer needed
How well does my body differentiate toxins from nutrients
Can I really let go

I now choose to know that I’m safe in breathing in what the
world has to offer, and that I’m safe in letting go of what I no longer
need

Breathe in, I take what I need
Breathe out, anything I don’t need is released
It’s safe to breathe fully
Breathe in, there’s enough of what I need
Breathe out, the rest is simply released
It’s safe for me to breathe
Breathe in, I always have what I need
Breathe out, there’s no need to hold on any longer
I’m safe, breathing deeply is safe