

BREATHING IS LIFE

Breathing is life, and I choose to breathe easily and effortlessly.

Breathing is life, and I choose to breathe with a smile on my face

Breathing is life, and I can love and accept myself

I'm alive
I breathe.
Breath is life.
How I breathe
Is a measure of my vitality
I breathe fully.
Breathing is life
I breathe
I'm alive.

I want to be over all these feelings that breathing is life.

Breathing and life go hand in hand
Breathing is life
I'm breathing every moment
Sometimes I'm completely unaware of my breath
It comes easily, noiselessly
Sometimes my breathing feels strained
It can feel like I'm fighting for breath
I'm fighting for life
Breathing is life

I want to be completely, 100% over all these feelings
that breathing is life

Breathing just happens
I don't have to think about it
It happens naturally
I'm always breathing
I often take breathing for granted
Do I take life for granted too?
Breathing just happens
I breathe
I'm alive

Somehow I will be completely, 100% over all these
feelings that breathing is life

I'm alive because I'm breathing
When my breathing is threatened, my life is threatened
Breathing is life
No matter what happens in my life,
I continue to breathe
I breathe through life
Life breathes in me
Breath is life
And I'm alive

Breathing happens automatically, naturally, and I
choose to allow my breathing to be easy and effortless.

Breathing
Living
Breathing
Life
Breathing
Breathing
Living
Alive
Breathing in Life

I choose to enjoy life.