

## Extra Assistance for Challenging Times

# Meditation and Centering through the Use of the Balanced Breath

**Developing a place of silence within yourself, a peaceful center where you are aware of the Presence of God, is the most important and useful gift you can give yourself in these changing times.** The easiest way to become centered is to use your breath as a focusing tool. Breathing in a focused, conscious manner is one of the original yogic meditation tools and has been used for centuries.

**The yogis say that God lives between the breaths.** These breath techniques will create a powerful connection to your Higher Self, which is also your Soul's Presence.

**Balanced breathing is simply breathing in for the same number of counts that you breathe out.** This is so easy that you can use it as a calming and centering exercise when you are driving in a car or in a check-out line. It can help you keep your stress levels low. For example, breathe in for 4 counts and breathe out for 4 counts.

**To use as a meditation tool,** it is most empowering when you can hold your breath for the same number of counts, between breathing in and out. This raises your vibrational frequency so you will be able to find a meditative state quite readily. You definitely do not want to do this while you are driving.

**For example, choose a number that is easy for you, such as 4.** Breathe in for 4 counts, hold for 4 counts, exhale for 4 counts, and hold out for 4 counts. This seems very simple, and yet you will find yourself becoming calm and peaceful as you do this practice. It is important to begin with an intention or a prayer to connect deeply with God. This sets energy in motion so you will receive good results.

While you are sitting quietly and breathing, you can use your imagination to gain awareness of Divine Love waiting to fill you up with the living life-force energy. As you inhale, imagine that every cell in your being is filled with God's light, and is radiantly alive. Imagine, on your exhalation, that you are releasing everything within you that is not in harmony with your greater good. **Your imagination is the first step in creating what you want in your life and is a very powerful tool.**

**Creating a connection between Heaven and Earth, is bringing a new, centered awareness to your daily life.** One way to accomplish this is to imagine a massive pillar of golden light bringing God's love into your body and then through you into the earth. You can use this visualization whenever you start to feel off-center during the day. It will help to bring you back to that peaceful place you have developed within you through the use of the balanced breath technique.

Shanta Gabriel  
April 2022