SHAMBHALA - FREE GIFTS OF LIGHT

Breath of Light

A gentle guide to breathing, calm and quiet moments

This guide offers simple breathing and quiet-moment practices for rest, meditation and prayer, in the spirit of Shambhala. It is a companion for peaceful moments - nothing more and nothing less. It is not medical advice and it does not diagnose, treat or promise to cure anything. If you have a health condition or breathing difficulty, follow your doctor's guidance and breathe only as gently as is comfortable for you.

Find a comfortable seat, loosen your shoulders, and let your hands rest. Every practice here is slow and kind. If at any moment you feel dizzy or unwell, stop, breathe normally, and rest.

PRACTICE ONE

The Calm Four-Four Breath

Breathe in slowly while counting to four. Rest for a moment with the breath held softly, counting to two. Breathe out slowly while counting to four. Let the next breath come when it wants to. Repeat for two or three minutes, and let each round grow a little quieter than the one before.

This is the breath of the still lake: nothing forced, nothing hurried.

PRACTICE TWO

The Golden Breath

Close your eyes and imagine the morning light over the Golden City. As you breathe in, picture golden light entering with the air and filling your chest like sunrise filling a valley. As you breathe out, picture that light spreading through your whole body, warm and kind. Continue for three minutes.

I AM the Golden Morning; every dawn begins in me.

PRACTICE THREE

The Violet Breath of Release

Breathe in slowly. As you breathe out, imagine a soft violet flame around you, the flame of freedom and forgiveness, dissolving the weight of the day - every hurry, every grievance, every heavy thought - gently turning it into light. Repeat for three minutes, and finish with one deep, grateful breath.

I AM the Violet Flame, transmuting all into Light.

PRACTICE FOUR

The Evening Gratitude Breath

Before sleep, breathe slowly and review your day. With each breath out, silently name one thing you are grateful for: a face, a meal, a lesson, a moment of beauty. Let gratitude be the last thing your mind holds before rest. Five breaths are enough; ten are a feast.

I AM Gratitude, and my heart is full.

A QUIET WORD TO CLOSE

Breathe, and Be Light

Use these practices whenever the day grows loud: at dawn, before a difficult conversation, in a waiting room, under the stars. They cost nothing, they travel with you, and they belong to you now. More gifts of light await you in the Free Gifts of Shambhala.

I AM the Peace that stills every storm.