

The Breath of Life: The Respiratory System

Your breath is the bridge between your body and the world.

Every inhale is a beginning. Every exhale is a release.

Awareness of Breath:

- When do you notice your breath the most — when you're calm, excited, or anxious?

- What happens in your body when you take a deep, slow breath in?

- How does your breathing change when you feel stressed or sad?

- Write about one moment when you paused and took a mindful breath. What changed inside you afterward?

Breath and Nature Connection:

- **Imagine you're sitting beneath a tree, breathing in the oxygen it creates. What does it feel like to know that the tree is giving you breath — and that you give it breath in return through CO₂?**

- **What do you notice about your body, mind, or emotions when you spend time in fresh air?**

Letting Go:

- **In Chinese medicine, the lungs help us let go of grief, sadness, and old emotions. What is something you're ready to exhale — to release from your heart and body?**

- **What does it feel like when you finally let go of something that has been weighing you down?**

- **Write about a time you held onto something too long — and what changed when you finally released it.**

Finish this sentence:

When I exhale deeply, I feel _____.

Emotional Breathwork:

- The lungs are connected to the emotion of grief. What does grief mean to you?

- Write about how your breath could become your “friend” when you feel heavy emotions.

Supporting the Lungs Holistically:

- Write about one holistic practice (breathing, herbs, posture, or nature time) that you’d like to make part of your routine.

Breath as Connection to the Planet:

- When you breathe deeply, do you feel more connected to yourself, others, or the world?

- How might you use your breath as a tool for healing or emotional balance in your daily life?
