

Breathing in,
I know I am breathing in.

Breathing out,
I know I am breathing out.

Breathing in,
I notice my in-breath has become deeper.

Breathing out,
I notice that my out-breath has become slower....

Breathing in,
I calm myself.

Breathing in,
I feel at ease.

Breathing in,
I smile.

Breathing out,
I release.

Breathing in,
I dwell in the present moment.

Breathing out,
I feel it is a wonderful moment.

Thich Nhat Hanh