

Meditation and Epicurean Philosophy (?)

Post by “Kalosyni” of January 11, 2022 at 1:12 PM

The breath awareness meditation I shared in the earlier post can be done in any environment, even as you are moving around, out and about (or if sitting reading/typing on the forum, lol)

So at any time or place, one can simply pause and breathe, to gain an energizing feeling:

Being aware of your breath and saying to yourself:

---Breathing in I enjoy my breath, breathing out I enjoy my breath.---

So this conscious breathing helps oxygenate the body and helps you feel the good energy of the life force in your body.

[Matt](#) and anyone else...would love to hear if you have tried it out, either the focused sitting or the active simple version. 😊