

# Midweek Pause–Nourish



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*“Breathe in such a way that you are nourished.”*

– Thich Nhat Hanh, *How to Eat*

**Consider:** The act of breathing. It is so automatic that we rarely stop to consider what the breath is doing for our body. The thought that it is actually nourishing is profound. Thich Nhat Hanh goes onward with this simple quote to say that we don't only nourish ourselves when we breathe mindfully but we actually nourish those around us. It's a win-win.

**Do:** Gift yourself and those whose lives you touch with ten mindful and nourishing breaths right now. Soak in all that each has to offer by following it through your body from the tip of your nose to deep in your belly. With each one feel your mind slow and your body relax. Imagine all who just benefited from that exercise, not to mention a more relaxed you.