



Stop Breathe Believe® & Dianne Morris Jones Present

Breathing Into and  
Beginning January

# Breathing Into and Beginning 2021

**Day 1:** The new year brings a sense of hopefulness and joy into our lives. New Years resolutions can often bring stress and worry as well. Let's begin the practice of being mindful and paying attention to our breath. You are invited to Click the link in my bio or visit my website to check out my January blog, "Breathing Into and Beginning 2021."

**Day 2:** "When we pause, allow a gap and breathe deeply, we can experience instant refreshment. Suddenly, we slow down, look out, and there's the world." - Pema Chodron

**Day 3:** "To hold nothing back in every breath is a spiritual practice. To hold nothing back in every breath means staying committed to letting whatever we experience make its way in and letting whatever is in make its way out. Holding nothing back means holding the intention to be an open vessel, in a daily way." - Mark Nepo

**Day 4:** "You can't use up creativity. The more you use, the more you have."  
- Maya Angelou

How can we be creative in paying attention to our breath? Could we find an accountability partner? Could we find a time each hour to consider our breath? Could we be still and listen to what our breath is trying to tell us?

**Day 5:** "Breathing is the most readily accessible resource you have for creating and sustaining your vital energy." - Donna Farhi

**Day 6:** "Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."  
- Melody Beattie

What would it look like to be grateful for our breath today? When has the focus on my breath helped me in the past? What might that look like for today? How can I rely on the power of my breath for the future?

**Day 7:**  
"Let us bless the air,  
Benefactor of breath,  
Keeper of the fragile bridge  
We breathe across."  
- John O'Donohue

**Day 8:** "Smile, breathe and go slowly."  
- Thich Nhat Hanh

**Day 9:** "Knowing yourself is the beginning of all wisdom." - Aristotle

Do we "know" our breath? What quickens my breath? What strengthens my breath? What slows and calms my breath? When do I listen to my breath? When do I call upon my breath? Many questions leading to knowing, leading to wisdom...

**Day 10:** "Breathing is the fundamental unit of risk, the atom of inner courage that leads us into authentic living. With each breath, we practice opening, taking in, and releasing." - Mark Nepo

**Day 11:** "Before we can forgive one another, we have to understand one another." - Emma Goldman

As we slow down to focus on our breath, who might come to mind that we might choose to forgive? Who might we want to choose to understand in a deeper way? What risk might we take? How could my breath be a team member? How could I call upon my breath for help?

**Day 12:** "Accepting the darkness but also longing for the light is an immense paradox of our soul's journey."  
- Joyce Rupp

How do I breathe in moments of darkness? How do I breathe in moments of light? How can paying attention to my breath be an integral piece of my soul's journey?

**Day 13:**  
"May you invite each day,  
each hour,  
each moment  
each breath  
as a gift to live fully alive..."  
- Dianne Morris Jones

**Day 14:** "Not to feel is to stop the heart from breathing. The truth is, that as the lungs make use of the air we breathe, the heart makes use of the things we experience. Thus, to be alive is to feel. This is our right. To feel keenly is our necessary privilege." - Mark Nepo

How do I breathe when my heart is hurting? How do I breathe when my heart is joyous? How can I pay attention to the connection to my breath and to my exquisite feelings?

**Day 15:** "When it rains, look for rainbows. When it's dark, look for stars." - Unknown

Breathe in aroma of rain. Breathe out hope of rainbows. Breathe in sense of darkness. Breathe out magnificence of stars.

**Day 16:** "Breathe on Me, Breath of God, Fill me with life anew, That I may love what Thou dost love, And do what Thou wouldst do." - Edwin Hatch

The words to a hymn I love to sing or hum over myself at moments that I am conflicted. Our spiritual practices and our breath can be tightly woven. May we be mindful of our breath in a spiritual way today.

**Day 17:** "A thing of beauty is a joy forever." - John Keats

What is a thing of beauty that you could behold as you focus on your breath today? Could it be the image of this gorgeous flower? Could it be your hand over your heart? Could it be solitude? Could it be mindful breathing?

**Day 18:** "My belief is that every breath we take, no matter if we notice it or not, is a sacred gift. A deep, life-giving breath precedes the first cry we make when we're born, and our last breath is the consummate herald of our lives on earth. It's a gift all the way, from beginning to end. Viewed like this, every time you notice your breath you're acknowledging a gift - you're bringing a moment of gratitude into your daily existence."

- Dianne Morris Jones, Stop Breathe Believe, Mindful Living One Thought at a Time  
What is my intent in my communication today? In my speaking? In my listening? In my emails?

**Day 19:** "To find the monastery within is to discover the place of rest out of which all other relations flourish and grow." - Christine Valters Paintner

Is our breath the door to our internal monastery? How can I be still and listen to my breath? How can I be still and rest? Can I write myself a Permission Slip - To Just Breathe - To Just Be Still - To Just Listen - To Just Rest?

**Day 20:** "Gratitude is happiness doubled by wonder." - G.K. Chesterson

Can I sense gratitude for my breath?  
Can I be grateful for the air I breathe?  
Can I sense wonder of the efficiency of our bodies? Can I breathe in awe?

**Day 21:** "Play is the royal road to childhood happiness and adult brilliance." - Joseph Chilton Pearce

As we pay attention to our breath, how can we incorporate play into the mindfulness of our breath? What if we breathed like various animals? What if we dance as we are paying attention to our breath? What if we act out our breath? What if we draw our breath? Have fun playing with your breath! Take a deep breath.....and PLAY!

**Day 22:** "God's breath vibrates in yours, in your voice. It is the breath of God that you breathe - and you are unaware of it." - Theophilus of Antioch

"Pause just a moment and notice your breath without trying to change it. Track your breathing for a few moments, bringing a sense of wonder to this primal rhythm that sustained your life even when you aren't paying attention, such as while you are sleeping, eating or in deep conversation with a dear friend. The breath, like the heartbeat, is the ancient rhythm and pulse of life. The breath is like an old and loyal friend with whom you are becoming reacquainted."  
- Christine Valters Paintner

**Day 23:** "Let us be grateful for the people who make us happy; they are the charming gardeners who make our souls blossom." - Marcel Proust

Who are the charming gardeners in my life? How does my soul blossom? How can I be grateful today? What stage of blossoming am I in today? How does paying attention to my breath help me? Can I take a deep breath and share my joy and happiness with others even when it feels vulnerable?

**Day 24:** "No act of kindness, no matter how small, is ever wasted." - Aesop

How can we be kind to ourselves? How is focusing on my breath being kind to myself? How can I find time to focus on my breath? How can I create time and intention to be kind?

**Day 25:**

"Breathe in me - breath of Life.  
Breathe in me - breath of Light.  
Breathe in me - breath of Love.  
Breathe in me - breath of Healing.  
Breathe in me - breath of Peace."  
- Cindy Read

**Day 26:** "No mud, no lotus."

- Thich Nhat Hanh

"The lotus is the most beautiful flower, whose petals open one by one. But it will only grow in the mud. In order to grow and gain wisdom, first you must have the mud --- the obstacles of life and its suffering. ... The mud speaks of the common ground that humans share, no matter what our stations in life. ... Whether we have it all or we have nothing, we are all faced with the same obstacles: sadness, loss, illness, dying and death. If we are to strive as human beings to gain more wisdom, more kindness and more compassion, we must have the intention to grow as a lotus and open each petal one by one."  
- Thupten Ngodrup.

As we reflect on our breath – how can we consider the opening of our lungs... the opening of our breath? What is it that I am being called to be open to? What can I learn from my breath today?

**Day 27:** "Listen, are you breathing just a little, and calling it life?"

Observe the birds, they sing, they fly.

And flowers bloom, then willingly die.

Are you willing to die to old habits so as to be resurrected again, and again, and again?" - Audrey Stromberg

How is your breath calling you into deeper intimacy with your body? How is your breath calling you into deeper intimacy with the divine presence that sustains you?

**Day 28:** "Imagine when you inhale that you draw the breath up through your feet and through your body, and then exhale in the same manner. Imagine that when you breathe in you are drawing in nourishment and support from the earth. When you exhale, imagine sending roots deep down. This can have a grounding effect. Anytime we start to feel disconnected, directing our awareness to our feet with our breath can bring us back to the present moment." - Christine Valters Paintner

**Day 29:**

"Earth's crammed with Heaven,  
And every common bush a fire with God;  
But only he who sees, takes off his shoes."  
- Elizabeth Barrett Browning

How do we consider the sacredness of our breath? How do we pay attention to our breath as a spiritual reflection?

**Day 30:** "Listen to your life. See it for the fathomless mystery it is. In the boredom and pain of it no less than in the excitement and gladness: touch, taste, smell your way to the holy and hidden heart of it because in the last analysis all moments are key moments, and life itself is grace."  
- Frederick Beuchner



*Day 31:*

Stop Breathe Believe gives us a moment -

A moment to STOP -  
be mindful and aware;

A moment to BREATHE -  
to slow down and focus on our breath as a  
a calming moment.

A moment to BELIEVE -  
to focus on what is the truth - to discern what I  
choose to believe.

- Dianne Morris Jones